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SYNDESMOSIS REPAIR – REHAB PROTOCOL

Weight Bearing:

- Strict non-weight bearing for 4 weeks after surgery in splint day & night.
- Partial weight bearing in boot 4 weeks, no boot in bed.
- Full weight bearing in boot 4 weeks (2 weeks before screw out, 2 weeks after screw out) No boot in bed.
- Pneumatic brace until proprioception returns.
- Return to sports at 6 months.

*Delay all steps of above protocol by 2-4 weeks if patient weighs more than 250 lbs or if delayed surgery.

Proprioception Phase 1: Day 42

- Edema control, cryotherapy
- Isometrics only, including proprioception.

Proprioception Phase 2: 1 week after screw removed (10-12 weeks)

- Begin ROM all planes.
- Progress to open chain
- Incorporate endurance.

Proprioception Phase 3: Week 12-24

- Return to sports and work
- Wear lace-up brace for athletics and work on uneven surfaces for 1 year
- Advance agility and sports specific exercise/activities in lace up brace (i.e., side to side and front to back hopping, plyometrics on unloader device progressing to full gravity, etc.)
- Begin running program (must be able to jog 1 mile before starting cutting activities)
- 85% Lower Extremity Functional Profile test score (involved compared to uninvolved) to allow return to sports.