



## ORTHOPEDIC SURGERY

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## CLINIC LOCATIONS

Spencer  
Storm Lake  
Spirit Lake  
Estherville  
Emmetsburg  
Pocahontas  
Cherokee  
Primghar  
Sibley  
Algona

## OFFICE LOCATIONS

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[www.nwiabone.com](http://www.nwiabone.com)

# Syndesmosis Repair Protocol

## Phase I: Weeks 0-4

- Strict non-weight bearing after surgery in splint with crutches

## Phase II: Weeks 4-6

- Begin AROM and gentle strengthening in all planes
- Progress to FWB as tolerated
- Begin Proprioception activities out of boot
- CKC strengthening

## Phase III: Weeks 6-10

- Aggressive strengthening and proprioception activities

## Phase IV: Weeks 10+

- Begin jumping and jogging
- Advance agility/sport specific exercises
- Must be able to jog 1 mile before starting cutting activities
- 85% Lower extremity functional test score (involved compared to uninvolved) to allow return to sports

**EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.**