

Center for Athletic Medicine
Dr. Preston Wolin
Ankle Syndesmosis Repair Protocol

~Please call 773-248-4150 with any and all questions~

- Weight bearing Progression:
 - Non-WBing in splint for up to 2 weeks
 - Transition to CAM walker boot and continue with non-WBing status until 6 weeks post op
 - Toe-touch WBing allowed at 6 weeks post op
 - Progress to WBAT at 8 weeks post op and wean from boot into athletic shoe

- Exercise:
 - Weeks 0-4: marble pick up / towel crunches, ROM, ice, elevation
 - Weeks 4-6: initiate theraband strengthening starting with light resistance, bike with high seat and no resistance
 - Weeks 8+: ok to advance to WBing exercises as tolerated including strengthening and balance training
 - Return to running program at 12 weeks if tolerated