

JONES FRACTURE SURGERY

Physical Therapy, Strength and Conditioning

PHASE I: MAXIMUM PROTECTION (WEEKS 0 TO 2)

- Cast or boot for 6 weeks
- Elevate the ankle above the heart
- Non-weight bearing x 2 weeks
- Multi-plane hip strengthening
- Core and upper extremity strengthening

PHASE II: PROGRESSIVE STRETCHING AND EARLY STRENGTHENING (WEEKS 2 TO 6)

- Weight bearing as tolerated in boot x 6 weeks
- Full active and passive ROM all planes
- Strong emphasis on restoring full dorsiflexion
- Isometric and early isotonic ankle
- Foot intrinsic strengthening
- Bilateral progressing to unilateral squat, step and matrix progression
- Proprioception training
- Non-impact cardiovascular work (biking, elliptical, swimming)
- Strength: 3x/week on closed chain loading
- Cardiovascular: 20-30 minutes/day with low to moderate intensity

PHASE III: PROGRESSIVE STRENGTHENING (WEEKS 6 TO 12)

- Full weight bearing in boot until 8 weeks
- Discontinue boot at 8 weeks
- Restoration of full range of motion all planes
- Advance ankle and foot intrinsic strengthening
- Linear progressing to lateral and rotational functional movements

PHASE IV: ADVANCED STRENGTHENING (WEEKS 12 TO 16)

- Advance impact and functional progressing
- Bilateral progressing to unilateral plyometric activity
- Pool running progressing to dry land
- Sport specific drills on field or court with functional brace
- Sport test at 3-4 months based on progress