



Town Center

ORTHOPAEDICS

Lateral Ankle Ligament Reconstruction/Peroneal Tendon Repair

- Same-Day Outpatient Surgery
- General anesthesia with regional nerve blocks
- Types:
 - Ankle scope, Brostrom
 - Peroneal tendon repair
- Activity:
 - **Non-weightbearing for 2-4 weeks (pending procedure type)**
 - Weightbearing in a walking boot for 6 additional weeks
 - Ice/elevate surgical leg with ice behind knee of surgical leg
 - Keep dressing clean, dry, intact. Do not remove splint
- Splint/Cast/Boot:
 - Splint first 2 weeks
 - CAM Boot @2-4 weeks (with gentle non-weightbearing sagittal plane range of motion exercises)
- Walking Boot:
 - **At 4-6 weeks, weightbearing to comfort**, based on pain/swelling
- Follow-up: 703-435-6604
 - 2 weeks: Remove splint, suture removal, transition into cast, x-ray
 - 4-6 weeks: Transition into walking boot, begin gradual weightbearing, start physical therapy, x-ray
 - 8-12 weeks: Transition into tennis shoe, begin low-impact activities, x-ray
 - 18 weeks: Final check-up, return to normal activities, as comfortable, final x-ray
- Assistive Devices:
 - Crutches, walker, knee scooter, CAM Boot, IWalk
- Physical Therapy:
 - Offered after 4-6 weeks
- Total Recovery:
 - 6-9 months before you are able to start returning to pre-surgery activities