Initial Evaluation

- The sooner we see patients, the better they respond to treatment!
- Opportunity to gain insight on patient—predictions of how well they’ll do
- Screen
  - Medical chart review and physical/visual
  - Patient education

Initial Evaluation cont...

- Make sure patient is using equipment correctly, and that they are using the proper equipment best suited for their needs
- Gait training/transfer training
- ROM measurements
- Functional Outcome Measures
- Goal setting
Physical Therapy Interventions for the Stiff Ankle

- Pilon fracture
- Medial/Lateral malleolus fracture
- Bi-malleolar fracture
- Tri-malleolar fracture
- Ankle sprains

Treatment: Protection Phase
- PROM/AROM
- Manual therapy
  - Grades I-II neurophysiological response
- Soft tissue mobilization
- Edema control
- Stretching
- Self mobilizations
- Strengthening
- General conditioning program

Treatment: Functional Phase
- Progress gait training as WB'ing precautions are lifted
- WB'ing stretches
- Joint mobilizations
  - Progress to grades III-V for mechanical response
- MWM
- ¼ kneeling DF stretch
Exercises to Reinforce Mobility
- Partial task gait training
- Step over
- Step up forward/lateral
- Step down
- Countersquats → wall slides
- Lunge forward
- Calf raises/toe raises
- Heel/toe walking
- Theraband exercises

Physical Therapy Interventions for the Stiff Knee

- Tibial plateau fracture
- Distal femur fracture

Treatment: Protection Phase
- NWB/PWB per protocol
- PROM/AROM
- Soft tissue mobilization
- Manual therapy
  - Grades I-II for neurophysiological response
- Edema Control
- Stretches
- Self mobilizations
- Strengthening
- General conditioning program
Treatment: Functional Phase

- Progress gait training as WB’ing precautions are lifted
- WB’ing stretches
- Joint mobilizations
- Progress to grades III-V for mechanical change
- MWM

Exercises to Reinforce Mobility

- Part task gait training
- Step over forward/lateral
- Step up forward/lateral
- Step down
- Countersquats → wall slides
- Sit to stand (eccentric/concentric)
- Lunges

Conclusion

- Other considerations:
  - Trigger point dry needling (TDN)
  - AlterG
  - ERMI
  - Work towards restoring/returning patient to PLOF
  - Return to work criteria
References