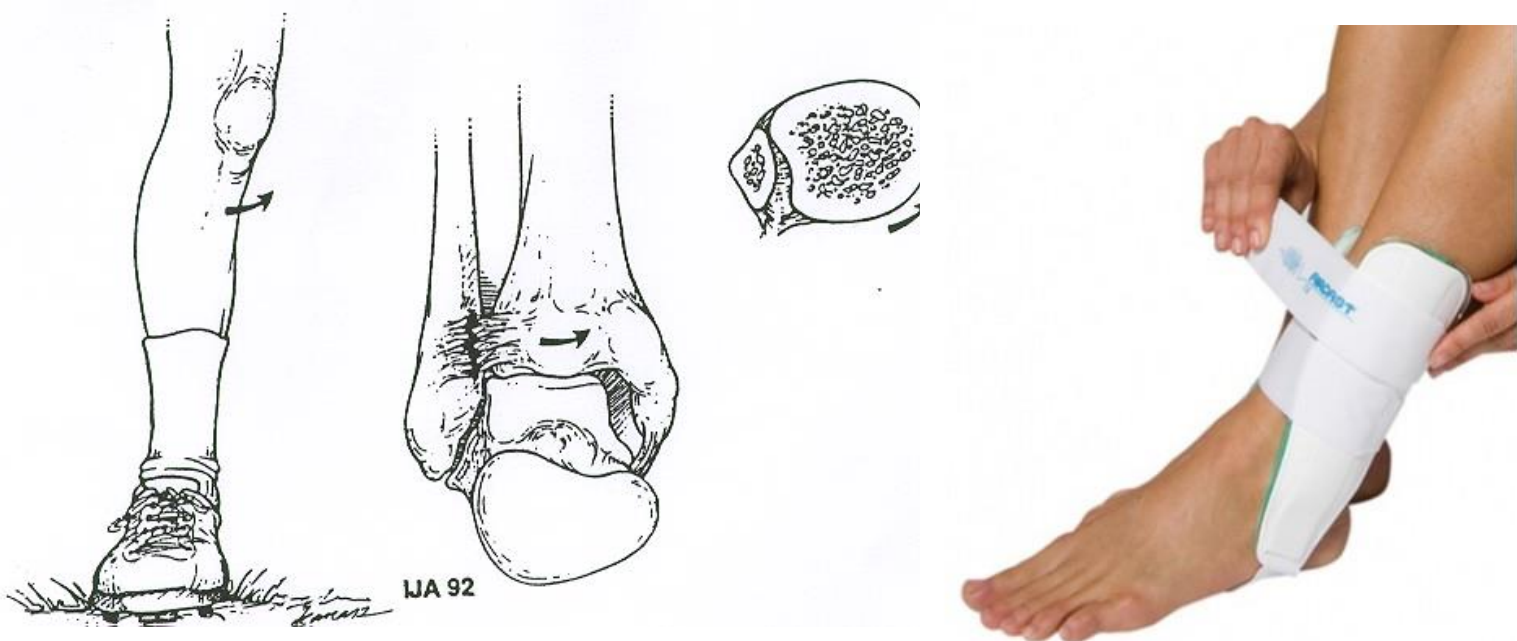


SYNDESMOSIS SPRAINS

The “High Ankle” Sprain



Rehabilitation Milestones:

An air-cast stirrup is used to push the ends of the bone together to accommodate healing. It MUST be taken off to assess whether you can progress in these milestones.

- Requires surgery if unstable
- Expect 6-10 week recovery if stable

- Single Platelet rich plasma injection may accelerate recovery
- Ankle Stirrup (or Boot) and non-weight bearing until pain-free double leg lunge
- Ankle Stirrup and walking only until pain-free single leg lunge
- Ankle Stirrup and cross training (bike, pool, Alter-G) until pain-free hopping
- Ankle Stirrup and straight line running
- Sport specific rehabilitation once pain-free running for 1 week

Stirrup should be weaned gradually