



NEW ENGLAND  
ORTHOPEDIC SURGEONS

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## THINGS YOU SHOULD KNOW ABOUT ANKLE LIGAMENT RECONSTRUCTION

1. Your **splint** will be changed at **2 weeks**.
2. You must **keep the ankle dry** until sutures are removed.
3. You must wear a **cast or boot for 6 weeks of protection after the surgery** – stationary bike gradually allowed.
4. You must be on crutches for 2 weeks, then allowed to **weightbear in your cast, but may need crutches for 6 weeks**.
5. You must wear a removable brace for 4 weeks after that – motion, walking, stationary bike allowed, with gradual incorporation of Physical Therapy.
6. People don't begin treadmill or jogging until **about 3 months**
7. You will remain **swollen** for months.
8. Impact and sports activity are usually not full speed until **5 to 6 months**
9. The reconstructed ligament is no stronger than a normal ligament.
10. You may be unable to **return to driving**, particularly if it involves the Right side, for **6 to 8 weeks**.
11. The timing of return to work or **school** depends on what you do, and how much they can accommodate your necessity to keep it elevated, and perhaps minimize or alter your work duties. Dr. McDonald will be happy to provide out of work/school documentation as necessary and appropriate.
12. In the end, most people end up happy; the rate of patient satisfaction is high.