Jones Fracture ORIF

Date of Surgery: _____

Weeks 0-2:
- NWB in boot
- May come out of boot for:
  - Active ankle ROM exercises
  - Toe curls, toe spreads,
- Quad/glut sets, straight leg raises

Weeks 2-4:
- Transition to WBAT in boot
- Stationary bike in boot
- Core exercises, balance activities
- Foot/ankle stretching/strengthening (Theraband ok)

Weeks 4-6:
- Discontinue boot and transition to supportive shoe with Jones orthotic/lateral turf toe plate
- Continue exercises from above
- Integrate functional weight bearing exercises and activities, no jumping/landing and/or rapid change in direction

Weeks 6-8:
- Sport-specific training with run progression (Alter-G if available)
- Increase intensity of strength, balance, coordination and functional training

Weeks 8-10+:
- Gradual return to sport-related activities and exercises with full length orthosis with lateral hindfoot post
- Full RTP determined based on activity progression