

Jones Fracture Fixation Accelerated Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Weight bearing in boot	CAM boot	Passive ankle	<u>Elevate</u> – “Toes above the nose” Come out of boot for non-weightbearing ankle range of motion exercises
Phase 2 2-4 weeks	Full with insole	Transition from CAM boot to athletic shoes with insole	Full	Pain-free ankle isometrics: inversion, eversion, dorsiflexion and plantar flexion Balance and proprioception exercises (double leg wide base → narrow base) Open-chain hip and core strengthening Gentle scar massage and cryotherapy as needed May begin elliptical, bike and pool-based exercises
Phase 3 4-6 weeks	Full	Normal athletic shoes if pain free and no edema	Full	Continue eversion, inversion and plantar flexion isometrics with resistance bands Progress proprioception exercises and single toe raises Increase conditioning activities
Phase 4 6-12 weeks	Full	Normal shoes if pain free and no edema	Full	Treadmill running progressing to outdoor running Initiate agility: figure of 8 and cutting drills at 6-8 weeks Progress running to sprinting Sport/job specific training by 8 weeks Full return to sport/strenuous work by 12 weeks