

Jones Fracture Fixation Standard Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Non-weightbearing in splint/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 WB in boot	CAM boot	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	Transition from CAM boot to athletic shoes with insole	Full	Continue inversion, eversion, and plantar flexion isometrics with resistance bands Progress proprioception exercises and single-leg toe raises Increase conditioning activities
Phase 4 6-12 weeks	Full	Normal shoes if pain free and no edema	Full	Alter-G/HydroWorx low impact running progressing WB if remains pain free Initiate agility: figure of 8 and cutting drills at 8 weeks if pain free Progress running to sprinting Sport/job specific training by 8 weeks Full return to sport/strenuous work by 12 weeks **Stop progression if pain occurs