

**Jones Fracture Fixation Protocol**

	<b>Weight Baring</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	Non weight bearing in the boot	CAM boot	Passive ankle	Elevate – “Toes above the nose” Come out of boot for non- weightbearing ankle range of motion exercises
<b>Phase 2</b> 2-4 weeks	Full weight bearing in the 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
<b>Phase 3</b> 4-8 weeks	Full	Transition from CAM boot to athletic shoes with insole	Full	Continue eversion, inversion and plantar flexion isometrics with resistance bands Progress proprioception exercises and single toe raises Increase conditioning activities
<b>Phase 4</b> 8-12 weeks	Full	Normal athletic shoes if pain free and no edema	Full	Treadmill running progressing to outdoor running Initiate agility: figure of 8 and cutting drills at 8 weeks Progress running to sprinting

				Sport/job specific training by 8 weeks Full return to sport/strenuous work by 12-16 weeks
<b>Note:</b> Early follow-up appointments are at 2, 4, 6 and 8 weeks post-operatively. Additional follow-up appointments will be scheduled based on progression through rehabilitation.				