ANKLE LIGAMENT REPAIR

Understanding the Procedure & Recovery

Premier Orthopaedic Associates | poasnj.com

Call or Text: 856.690.1616

What are Ankle Ligaments?

Ankle ligaments are strong bands of tissue that help stabilize your ankle joint. They connect bones and control excessive motion. A severe sprain or injury can lead to partial or complete ligament tears, causing instability and pain.

X What is Ankle Ligament Repair?

This surgical procedure repairs stretched or torn ligaments in the ankle, typically the **ATFL** (anterior talofibular ligament) or **CFL** (calcaneofibular ligament).

Surgical options include:

- **Direct repair** (suturing torn ligaments back together)
- Reconstruction using grafts when original ligaments can't be repaired

Your surgeon at Premier Orthopaedic Associates will recommend the best technique for you.

Who Benefits from Surgery?

You may be a good candidate if:

- You have chronic ankle instability
- Ligaments did not heal properly after multiple sprains
- You want to return to sports or high-impact activities
- Non-surgical treatments have failed

© Benefits of Surgery

- Improved ankle stability
- Reduced risk of future sprains
- Less pain and swelling
- Return to activity with more confidence

A Risks to Consider

- Infection
- Nerve irritation
- Stiffness or decreased range of motion
- Blood clots
- Re-injury if recovery is rushed

Your care team will guide you on how to reduce these risks.

(Typical)

- Weeks 0-2: Rest, ankle in boot or splint, non-weight bearing
- Weeks 2–6: Gradual weight bearing, begin gentle movement



- Weeks 6–12: Start physical therapy to improve strength and balance
- 3–6 Months: Return to regular activities and sports with caution

Talk with Your Surgeon About:

- Which surgical method is best for your injury
- Your specific recovery plan and timeline
- How to prepare your home and schedule for recovery

