

Simplified Post Op Rehabilitation for Ankle and Pilon Fractures

NCT05280639

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|-------------------|------------------------|
| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | University of Virginia |
| Enrollment | 30 participants |

Key Eligibility Criteria

Inclusion (2)

- Ages 18-65
- Surgically treated open or closed fractures of the ankle or tibial plafond

Exclusion (12)

- Contralateral lower extremity injuries that would limit weight bearing after 6 weeks
 - Severe injury requiring flap coverage or vascular reconstruction (Gustilo-Anderson Type IIIB and C respectively)
 - Neurological deficits that would impede ability to stand safely unassisted for home exercise regimen
 - Desire to participate in formal physical therapy program
 - Additional injury that would compromise subjects ability to follow either Home Exercise Program
- ... and 7 more (see full listing online)

Locations (1 total)

University of Virginia Medical Center, Charlottesville, Virginia, United States