

|                                                   |                                                                   |                                       |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
|---------------------------------------------------|-------------------------------------------------------------------|---------------------------------------|--------------|----------|---------------------|--------------|-----------------------------|------|-------------------------------------------------|-----------------------------------------------|----------|------------------------------------|----------------------------------------------|--------------------------------------------------|--------------|----------------------|-------------------------------------------|-------------------|---------------------------|----|----|----------------------------------------------------------|----|----|
|                                                   | Standard                                                          | Distale Fibulafraktur OHNE Tight Rope |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    | <div>Hessing</div> <div>Klinik für Unfallchirurgie</div> |    |    |
| OP Datum:                                         |                                                                   | Klinik für Unfallchirurgie            |              |          |                     |              |                             |      |                                                 |                                               |          | CA Dr. med. Oliver Herrmann        |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
| Therapie:                                         |                                                                   | ROM                                   |              |          | Belastung           |              | Hilfsmittel/<br>Orthesen    |      |                                                 | Aktivität/Methode/Technik/Training            |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
|                                                   |                                                                   | 1                                     | 2            | 3        | 4                   | 5            | 6                           | 7    | 8                                               | 9                                             | 10       | 11                                 | 12                                           | 13                                               | 14           | 15                   | 16                                        | 17                | 18                        | 19 | 20 | 21                                                       | 22 | 23 |
| Nachbehandlungsphasen                             | Zeit                                                              | DEX/PFLX frei nach Schmerzlage        | Keine INV/EV | ROM frei | 20 kg Teilbelastung | Aufbelastung | Airwalker/Vacopedes-Stiefel | UAGS | Rollator/Orthoscoot/Rollstuhl nach Konstitution | Thrombose- Dekubitus- und Pneumonieprophylaxe | Geschule | Abschwellende Maßnahmen bei Bedarf | Beweglichkeitsverbesserung assitiv und aktiv | Funktion und Kraft angrenzender Gelenke erhalten | Eigenübungen | Mobilisation OSG/USG | ADL (Anzieh-, Bücktraining, Körperpflege) | Manuelle Therapie | Krankengymnastik am Gerät |    |    |                                                          |    |    |
|                                                   | 1.Tag                                                             | 01.01.1900                            | x            | x        |                     | x            |                             | x    | x                                               | x                                             | x        | x                                  | x                                            | x                                                | x            |                      | x                                         |                   |                           |    |    |                                                          |    |    |
|                                                   | ab 2.Tag                                                          | 02.01.1900                            | x            | x        |                     | x            |                             | x    | x                                               | x                                             | x        | x                                  | x                                            | x                                                | x            |                      | x                                         |                   |                           |    |    |                                                          |    |    |
|                                                   | ab 3. Tag                                                         | 03.01.1900                            | x            | x        |                     | x            |                             | x    | x                                               | x                                             | x        | x                                  | x                                            | x                                                | x            |                      | x                                         |                   |                           |    |    |                                                          |    |    |
|                                                   | ab 2. Woche                                                       | 07.01.1900                            | x            | x        |                     | x            |                             | x    | x                                               | x                                             | x        | x                                  | x                                            | x                                                | x            |                      |                                           |                   |                           |    |    |                                                          |    |    |
|                                                   | ab 3. Woche                                                       | 14.01.1900                            | x            | x        |                     | x            |                             | x    | x                                               | x                                             | x        | x                                  | x                                            | x                                                | x            |                      |                                           |                   | x                         |    |    |                                                          |    |    |
|                                                   | ab 4. Woche                                                       | 21.01.1900                            | x            | x        |                     | x            |                             | x    | x                                               | x                                             | x        | x                                  | x                                            | x                                                | x            |                      |                                           |                   | x                         |    |    |                                                          |    |    |
|                                                   | ab 5. Woche                                                       | 28.01.1900                            | x            | x        |                     | x            |                             | x    | x                                               | x                                             | x        | x                                  | x                                            | x                                                | x            |                      |                                           |                   | x                         |    |    |                                                          |    |    |
|                                                   | ab 7. Woche                                                       | 11.02.1900                            |              |          | x                   |              | x                           |      | x                                               | x                                             |          | x                                  |                                              |                                                  |              | x                    | x                                         |                   | x                         | x  |    |                                                          |    |    |
|                                                   | ab 8. Woche                                                       | 18.02.1900                            |              |          |                     |              | x                           |      | (x)                                             |                                               |          | (x)                                |                                              |                                                  |              | x                    | x                                         |                   | x                         | x  |    |                                                          |    |    |
|                                                   | ab 10. Woche                                                      | 03.03.1900                            |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      | x                                         |                   | x                         | x  |    |                                                          |    |    |
|                                                   | ab 13. Woche                                                      | 24.03.1900                            |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
|                                                   | ab 7. Monat                                                       | 30.06.1900                            |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
| ab 10. Monat                                      | 30.09.1900                                                        |                                       |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
| ab 13. Monat                                      | 30.12.1900                                                        |                                       |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
|                                                   | Klinik für Unfallchirurgie                                        |                                       |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
| Datum: 22.02.2021<br>Revision 01<br>Seite 1 von 1 | T 0821 909 247 F 0821 909 699 unfallchirurgie@hessing-stiftung.de |                                       |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |
|                                                   | Empfehlung vom 14.07.2025                                         |                                       |              |          |                     |              |                             |      |                                                 |                                               |          |                                    |                                              |                                                  |              |                      |                                           |                   |                           |    |    |                                                          |    |    |