ANKLE ARTHROSCOPY

This protocol was developed for patients who have had ankle arthroscopy. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

**PHASE I: ~1-10 Days Postoperative**

**GOALS:**
- Pain management
- Prevent swelling

**AMBULATION AND BRACE USE:**
L & U Splint – Watch for skin breakdown
Crutches – non weight bearing (NWB)

**EXERCISES:**
- AROM hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – Hamstring, quads, ITB, Hip flexors
- Ice and Elevation

**PHASE II: ~10-21 Days Postoperative**

**GOALS:**
- Full range of motion (ROM)
- Normal gait

**AMBULATION AND BRACE USE:**
Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal

**EXERCISES:**
- Continue appropriate previous exercises
- Calf pumping, alphabet, rotations
- Light Theraband ex x 4
- Towel crunches and side-to-side
- Seated BAPS, progress to double leg in standing
- Stationary bike
- Gastroc/Soleus Stretching
- Ice as needed

**PHASE III: ~3-6 Weeks Postoperative**

**GOALS:**
- Normal strength

**EXERCISES:**
- Continue appropriate previous exercises
- Theraband ex x 4 – Gradually increase resistance
- Elgin
- Steamboats (Theraband x 4 while standing on involved LE)
- Mini-squats, Wall squats, Total gym
- Continued on next page
- Double leg heel raises – Progress to single leg heel raises
- Single leg BAPS, ball toss, and body blade
- Forward, retro and lateral step downs
- Knee extension and HS curl weight machines
- Proprioception ex – Single leg BAPS, ball toss, body blade
- Treadmill – Walking forwards and backwards
- Elliptical trainer
- Pool therapy – Chest or shoulder deep water running

**PHASE IV: ~3-6 Weeks Postoperative**

**GOALS:**
- Walk 2 miles at 15 min/mile pace

**EXERCISES:**
- Continue appropriate previous exercises
- Leg press and hip weight machine
- Fitter, slide board
- Push-up progression
- Sit-up progression
- Treadmill – Walking progression program
- Stairmaster
- Pool therapy – Unrestricted
**PHASE V: ~2-4 Months Postoperative**

**GOALS:**
- Return to all activities

**EXERCISES:**
Continue appropriate previous exercises
Running progression program
Agility drills / Plyometrics
Transition to home / gym program

**This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.**