

University Orthopedics, Inc.

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

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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.