ANKLE ARTHROSCOPY WITH MICROFRACTURE

This protocol was developed for patients who have had an 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: Day 1-Week 6 Postoperative
GOALS:
- Pain management, Swelling controlled
- Full range of motion (ROM)

AMBULATION AND BRACE USE:
Crutches – non weight bearing (NWB) x 6wks

EXERCISES:
AROM hip and knee
Calf pumping
Wiggle toes
Ankle AROM (DF/PF, alphabet)
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
@ 2-3 wks add
-DF stretch w/towel
-seated BAPS
-Stationary bike, start 10-15min and work up to 45min by week 6
-isometric ankle strengthening
-Pool therapy – NWB activities - shoulder deep water running

PHASE II: ~ 6-12 Weeks Postoperative
GOALS:
Normal strength
Walk 2 miles < 2/10 pain

AMBULATION AND BRACE USE:
WBAT x at least 2 wks, d/c crutches when swelling stable, gait WNL

EXERCISES:
Continue appropriate previous exercises
Standing gastroc and soleus stretching
Theraband ex x 4 – Gradually increase resistance

PHASE III: ~ 3-4 Months Postoperative
GOALS:
- Walk 2 miles at 15min/mile pace

EXERCISES:
Continue appropriate previous exercises
Leg press and hip weight machine
Fitter, slide board
Push-up progression
Sit-up progression
Stairmaster
Pool therapy – Unrestricted

PHASE III: ~ 4-6 Months Postoperative
GOALS:
- Return to all activities

EXERCISES:
Running progression program
Transition to home / gym program

Heel raises – double leg progress to single leg
Mini-squats – double leg progress to single leg
Forward, retro and lateral step downs
Knee extension and HS curl weight machines
Elliptical trainer, start 10-15min and work up to 45min by week 10
Double leg BAPS, Wall squats, Total gym
Pool therapy – progressive
@ 8-10 wks (when stable pain, swelling, normal gait)
Proprioception ex – Single leg BAPS, ball toss, body blade
Treadmill – Walking progression program
Steamboats (Theraband x 4 while standing on involved LE)

**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.