

Ankle Arthroscopy Rehabilitation Protocol

The following is a protocol for post-operative patients following ankle arthroscopy. The primary goal of this protocol is to steadily progress towards and ultimately achieving pre-injury level of activity. 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. If a patient should develop an increase in pain or swelling or decrease in motion at any time, activity should be decreased until problems are resolved.

POST-OP DAYS 1 – 14

- Non-weight bearing with crutches x7 days slowly increase as tolerated unless otherwise instructed
- Watch for skin breakdown from wounds
- AROM knee, hip and toes
- Straight leg raises (SLR) x 4, short arc quadriceps (SAQ)
- Lower extremity stretching (hamstring, quads, ITB, hip flexors)
- Ice and elevation as needed.
- Continue Ace wrap until swelling is gone
- If instructed, keep splint on until follow-up

POST-OP WEEK 2

- Continue previous exercises
- Crutches, weight bearing as tolerated (WBAT) discontinue when gait is normal (unless otherwise instructed, i.e. patients undergoing microfracture for osteochondral lesion)
- Calf pumps, range of motion exercises, alphabet and rotations (multiple times daily) and Theraband exercises.
- Stationary bike
- Calf stretching
- Ace Wrap
- Ice and elevation as needed

Goals:

1. Reach full range of motion (ROM)
2. Normal gait pattern
3. Full weight bearing

POST-OP WEEKS 3-6

- Continue previous exercises
- Approved exercises at this stage
- Wall Squats
- Double leg heel raises progressing to single leg heel raises
- Forward, retro and lateral step downs

- Proprioception exercises single leg, ball toss and body blade
- Treadmill both walking forward and backwards
- Elliptical trainer
- Pool therapy (as long as incisions are healed).

Goal:

Full strength, painless ambulation

POST-OP WEEKS 6-8

- Continue previous exercises
- Approved exercises at this stage
- Leg press and hip sled
- Slide board
- Treadmill walking progression program
- Stairmaster
- Pool therapy unrestricted

Goal:

Unrestricted ambulation without pain.

POST-OP MONTHS 2-4

- Continue previous exercises
- Approved exercises at this stage
- Progress to running, agility drills, plyometrics, unrestricted
- Physical therapy discontinued
- Transition to home exercise program

Goal:

Return to activities, active lifestyle:

May return to full activities at 2-4 months on average, per Dr. Collard with physical therapist's approval.