

## ANKLE ARTHROSCOPY REHABILITATION PROTOCOL

### General notes:

Time frames mentioned in this protocol should be considered approximate with actual progression based upon clinical presentation. Physician appointments as well as continued assessment by the treating practitioner should dictate progress.

"As tolerated" should be understood to be with safety; pain, limp, swelling, or other undesirable factors are indicators that you are doing too much too soon. If any of these should occur, decrease activity level, ice and elevate the leg.

Avoid forceful active and passive range of motion and mobilizations of the ankle joint for the first 2 weeks

Carefully monitor the incisions for mobility and signs of scar tissue formation. Regular soft tissue treatments (i.e. scar mobilization and friction massage) may be used to decrease fibrosis.

All exercises should be carefully observed for any signs of compensation or guarding.

Ice should be applied to the knee for 15 to 20 minutes following each exercise, therapy, or training session.

No running, jumping, or ballistic activities for two to four weeks.

Aerobic and general conditioning may be maintained throughout the rehabilitation process.

M.D. appointments at day seven post-op, month one, month two, month four and month six.

Return to sport based on provider team (physician, physician assistant, athletic trainer, therapist) input and appropriate testing.

### 0 – 3 WEEKS:

**Weight Bearing:** As tolerated; crutches for protection and edema (swelling) control

**Cryotherapy (Ice treatments):** For pain and edema control, six to eight times per day. May also use electric stim, manual therapy/soft tissue treatments

#### **Therapeutic Exercises:**

- Activities: Toe curls, toe spreads, gentle ankle ROM (range of motion), gastroc/soleus (calf) stretching
- Strengthening: Straight leg raises
- Proprioception: Weight shifting
- Conditioning: Stationary cycling, weight training, or swimming

**Manual Therapy:** Soft tissue therapy to increase ROM

### 3 – 8 WEEKS:

**Weight Bearing:** Increase weight bearing from partial to full as tolerated

#### **Therapeutic Exercises:**

- Strengthening: Initiate closed chain activities
- Proprioception: Weight shifting and balance activities
- Conditioning: Continue stationary cycling, UBE, swimming; initiate treadmill walking

**Manual Therapy:** Continue soft tissue therapy as necessary

### 8 - 12 WEEKS:

**Weight Bearing:** Full

#### **Therapeutic Exercises:**

- Strengthening: Continue closed chain activities, initiate return to sport activities
- Proprioception: Continue weight shifting and balance activities, initiate single leg balance and excursion
- Conditioning: Cycling outdoors, running on treadmill or outdoors, cutting, plyometric activities, sport-specific activities