



ANKLE ARTHROSCOPY

Progression to the next phase is based on Clinical Criteria and/or Time Frames as Appropriate

IMMEDIATE PROTECTION PHASE (Week 1)

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Goals:

Protect healing tissue
Control pain and swelling
Control weight bearing forces
Independent transfers and ambulation

Weight-bearing: NWB with optimal ambulatory assistive device for 1 week

Splint/Brace: Foot is placed into neutral in L & U Splint

Treatment:

Transfer and gait training with assistive device, NWB on surgical lower extremity
Patient education and independent HEP
4-way SLR
AROM Hip and Knee
Lower extremity stretching – hamstring, quads, ITB, Hip flexors as needed

MODERATE PROTECTION PHASE (Weeks 2-3)

Goals:

Full AROM/PROM
Normal Gait
Control pain and swelling

Weight-bearing: WBAT using assistive device. Discharge assistive device when gait is normal.

Splint/Brace: Walking boot for ambulation and sleeping

Treatment:

Continue appropriate previous exercises
Ankle AROM (i.e. ankle pumps, alphabet, rotations)
Light theraband exercises x 4

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Seated BAPS
Stationary bicycle
Gastroc/Soleus stretching
Scar massage / mobilization
Modalities as needed

STRENGTHENING AND MOTION PHASE (Weeks 4-8)

Goals: Normal Strength
Normal Balance

Weight-bearing: FWB without use of assistive device

Treatment:

Continue previous exercises as appropriate
Theraband exercises x 4 – gradually increase resistance
Proprioception training

Ex: Standing balance, single leg stance activities, medicine ball progressions

CKC Exercises

Ex: Mini-squats, leg press/total gym, double leg heel-raises, forward/retro/lateral step-downs, Mini-band walking (forward, backward, lateral)

Aerobic Conditioning

Ex: Elliptical, Stairmaster, Treadmill (forward/backwards)

Aquatic Therapy

Ex: Deep-water training, Aquatic treadmill (Shoulder to chest level running)

ADVANCED STRENGTHENING (Months 2-3)

Criteria for entering Advance strengthening

Minimum 4/5 Ankle Manual Muscle Testing

Symmetrical pain-free AROM

Pain-free ADL activities

Goals: Return to all activities

Treatment:

Continue previous exercises as appropriate

Running progression program

Agility Drills / Proprioception

Transition to home / gym program

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