

Ankle Arthroscopy Rehabilitation Protocol

By James L Chen, MD

POST-OP DAYS 1 – 10

- L & U Splint – Watch for skin breakdown
- Crutches – non weight bearing (NWB)
- 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

GOALS

- Pain management
- Prevent swelling

Days 10 – 21

- Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
- 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

GOALS

- Full range of motion (ROM)
- Normal gait

WEEKS 3 – 6

- Continue appropriate previous exercises

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ADVANCED ORTHOPAEDICS & SPORTS MEDICINE

- Theraband ex x 4 – Gradually increase resistance
- Elgin
- Steamboats (Theraband x 4 while standing on involved LE)
- Mini-squats, Wall squats, Total gym
- 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

GOAL

- Normal strength

WEEKS 6 – 8

- 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

GOAL

- Walk 2 miles at 15 min/mile pace

MONTHS 2 – 4

- Continue appropriate previous exercises
- Running progression program
- Agility drills / Plyometrics
- Transition to home / gym program

GOAL

- Return to all activities

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