
ANKLE ARTHROSCOPY POST-SURGICAL REHABILITATION PROTOCOL

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
- Theraband ex x 4 - Gradually increase resistance
- Elgin

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- 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