



## ANKLE ARTHROSCOPY

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

### IMMEDIATE PROTECTION PHASE (Week 1)

**Jennifer L. Cook, M.D.**  
Board Certified  
Orthopaedic Surgery

**Stephen A. Hanff, M.D.**  
Board Certified  
Orthopaedic Surgery

**James P. Donovan, M.D.**  
Board Certified  
Orthopaedic Surgery

**Aaron K. Mates, M.D.**  
Board Certified  
Orthopaedic Surgery

**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

A REGISTERED LIMITED LIABILITY PARTNERSHIP FOR ORTHOPAEDIC SURGERY

2165 Little Road • Trinity, FL 34655 • 727-37-BONES (727-372-6637) • Fax 727-375-5044 • [www.floridajointcare.com](http://www.floridajointcare.com)

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

A REGISTERED LIMITED LIABILITY PARTNERSHIP FOR ORTHOPAEDIC SURGERY

2165 Little Road • Trinity, FL 34655 • 727-37-BONES (727-372-6637) • Fax 727-375-5044 • [www.floridajointcare.com](http://www.floridajointcare.com)