



ANKLE ARTHROSCOPY WITH MICROFRACTURE

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

IMMEDIATE PROTECTION PHASE (Post-Op Days 1 – Week 6)

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
Full Range of Motion

Weight-bearing: NWB with optimal ambulatory assistive device for 6 weeks

Splint/Brace: Splint and transition into walking boot

Treatment:

• **Week 1**

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

• **Weeks 2-6**

- Continue appropriate previous exercises
- Gastroc stretch with towel
- Seated BAPS
- Stationary bicycle – light resistance
- 4-way isometric ankle strengthening
- Aquatic Therapy
 - NWB activities – deep-water running
- Scar massage / mobilization
- Modalities as needed

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

MODERATE PROTECTION PHASE (Weeks 6-12)

Goals: Normal Strength
 Normal Gait
 Normal Balance

Weight-bearing: WBAT using assistive device at least 2 weeks. Discharge assistive device when gait is normal and edema is controlled.

Splint/Brace: Walking boot for ambulation x 2 weeks and transition into running shoe.

Treatment:

- Continue previous exercises as appropriate
- Theraband exercises x 4 – gradually increase resistance
- Proprioception training
 - Standing balance, single leg stance activities, medicine ball progressions
- Heel Raises
 - Double leg and progress to single leg as tolerated
- CKC Exercises
 - Mini-squats, leg press/total gym, double leg heel-raises, forward/retro/lateral step-downs, Mini-band walking (forward, backward, lateral)
- Aerobic Conditioning
 - Elliptical, Stairmaster, Treadmill (forward/backwards)
- Aquatic Therapy
 - Deep-water training, Aquatic treadmill (Shoulder to chest level running)

ADVANCED STRENGTHENING PHASE (Months 3-4)

Goals: Walk 2 miles at 15 minute/mile pace

Treatment:

- Continue previous exercises as appropriate
- Proprioception training
 - Addition of fitter board, BOSU, slide board
- Aquatic Therapy – unrestricted activities

ADVANCED STRENGTHENING (Months 4-6)

Criteria for entering Advance strengthening

Minimum 4/5 Ankle Manual Muscle Testing
Symmetrical pain-free AROM
Pain-free with all previously listed activities

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

Goals: Return to all activities
 Pass functional testing protocols

Treatment:

- Continue previous exercises as appropriate
- Running progression program
- Agility Drills / Proprioception
- Transition to home / gym program