

## **Rehabilitation Protocol: Ankle Arthroscopy WITH Talus OCD Microfracture**

### **Phase I - Post-operative Period (Weeks 0-1)**

- **NON-weightbearing**
- **Splint immobilization**
- **Daily icing, compression and elevation home program**

### **Phase II (Weeks 1-3)**

- **Weightbearing:** Continue NON-weightbearing for 6 weeks with crutches.
- **Will place into CAM boot after first post operative visit, may remove for hygiene and exercises**
- **Range of Motion** – Early GENTLE non-weightbearing range of motion as tolerated
- **Normalize gait pattern**
- **Modalities as indicated**
- **Daily HEP to include elevation, compression and icing**

### **Phase III (Weeks 3-6)**

- **Weightbearing:** Continue NON-weightbearing with crutches
- **Range of Motion** – Advance range of motion exercises
- **Therapeutic Exercises (Non-weightbearing)**
  - Ankle isometric strengthening exercises
  - Foot intrinsic strengthening

### **Phase IV (Weeks 6-8)**

- **Weightbearing:** May advance weight bearing as tolerated. Should be able to fully weight bear and wean the crutches off by 8 weeks
- **Range of Motion** – Advance range of motion exercises
- **Therapeutic Exercises**
  - Ankle isometric strengthening exercises
  - Foot intrinsic strengthening
  - Balance and proprioception exercises
  - Stationary biking / swimming
  - Begin 4-plane theraband strengthening

### **Phase V (Weeks 8-12)**

- **Weightbearing:** Weightbearing as tolerated
- **Range of Motion** – Should have full range of motion
- **Therapeutic Exercises**
  - Continue and advance ankle strengthening exercises
  - Evaluate for any core and hip weakness and treat accordingly
  - Begin double leg squats, calf raises, and toe raises
  - Progress to single leg squats, calf raises, and toe raises
  - Advance balance and proprioception exercises

- Initiate elliptical trainer and treadmill walking as tolerated, then straight plane jogging
- Controlled lateral agility work
- Modalities as indicated
- Daily HEP

**Phase VI - Maintenance Phase**

- Advanced single leg balance and proprioception exercises
- Progress lateral agility exercises and advanced agility drills
- Functional activity/sports-specific training
- Phase out supervised rehab
- Advance home strengthening program to be done daily
- Encourage maintenance gym work-outs focusing on ankle stabilization, core and hip strengthening

**Criteria for Return to Sports / Full Activities:**

- Full functional range of motion
- No pain or swelling with functional activities
- Good core control and balance / proprioception