

Rehabilitation Protocol: Ankle Arthroscopy WITHOUT Talus 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:** May wean off splint and crutches and start weight bearing as tolerated
- **Will place into CAM boot after first post operative visit, may remove for hygiene and exercises**
- **Range of Motion** – Early GENTLE 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:** Weightbearing as tolerated
- **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
 - Gradual return to functional activities

Phase IV (Weeks 6-12)

- **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