

Patient Name:

Patient Phone:

Surgery/DOS:

Surgeon:

ANKLE ARTHROSCOPY REHABILITATION PROTOCOL

Phase I (Weeks 0-2) *Goal: full ROM by end of week 2*

- ROM: + ANKLE mobs, DF seated AAROM with towel, ankle alphabet
- + Stretches – Hamstrings/Calf/ITB
- Therapeutic exercise: + Ankle pumps, Isometric quad sets / SLR, glute & HS sets, Active DF/PF
- Boot: 2 weeks with ambulation, WBAT
- Other: + Keep incision and sutures dry + Ice/compression, edema control

Phase II (Weeks 2-8)

- Range of Motion + Continue passive motion, continue ankle mobs
- Therapeutic exercise: **focus on Ankle Mobility exercises**
- + Begin: squat progression (shallow to 90 deg), bridges
- +Week 4 begin balance and proprioception training, SL deadlift, leg press, Ankle 4-way with band
- Cardiovascular exercise: Bike with resistance, Treadmill walking with incline as tolerated, upper body circuit training. Week 5 may add elliptical trainer, rower or stair stepper
- Other: Keep incision and sutures dry. No pool/bath immersion until 4 weeks post-op.

Phase III (Weeks 9-16)

- Stretching and mobilization maintenance program
- Therapeutic ex: Balance squats, reverse lunges, open chain hip abd/ext in standing, SL deadlift.
- + Begin: Agility exercises – single plane --> multi-directional
- Cardiovascular exercise: Bike with resistance, TM walking with incline as tolerated vs. jogging
- Other: Running – if desired – begin running progression at Week 10.
- Return to sport/activity testing at 3.5 -month follow-up

Phase IV (Weeks 16+)

- Motion maintenance. Sports-specific training, agility, balance and prep to return to desired activities

Comments:

Modalities:

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

Signature _____ **Date** _____