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**REHAB PROTOCOL: Ankle Arthroscopy**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Therapy should begin 10-14 days after surgery**

**Weight bearing may be limited if cartilage repair techniques were used to treat OCD of the talus for 6 weeks (see comments section)**

**Phase I: Weeks 0-4**

**Goals:**

- Decrease pain
- Decrease edema and inflammation
- Increase pain free range of motion and simulate collagen alignment
- Prevent kinesthetic shut down
- Patient education

**Plan:**

- Modalities as needed: ice; electrical stimulation; phonophoresis; iontophoresis/ electrical stimulation
- ROM: stretching, self-assisted stretches, joint mobilization/ PROM, AROM in dorsiflexion and plantar flexion only
- Strengthening: isometrics, T-Band, manual resistive exercises
- Initiate balance and proprioceptive exercise in non-weight bearing positions:
  - -sitting BAPS drills in dorsiflexion and plantar flexion only
- Aquatic therapy if needed to meet above goals

**Phase II: Weeks 4-12**

**Goals:**

- Increase to full range of motion and diminish swelling
- Increase strength to good-normal
- Normalize gait and progress to weight bearing exercise

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- Improve kinesthetic and neuromuscular control

**Plan:**

- Modalities PRN
- Stretching in weight bearing and non-weight bearing positions
- Strengthening: advance with phase I: calf strengthening with weight and in weight bearing positions. BAPS sitting and standing, progressive trampoline (weight shifting and balance activities), initiate hip and knee strengthening
- Proprioceptive exercise
- Stationary bicycle, advance to EFX, treadmill

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**Phase III: Weeks 12-16**

**Goals:**

Increase strength

Increase proprioception

Increase endurance

**Plan:**

- Advance strengthening in closed chain (leg press, calf raises)
- Continue to advance proprioception
- Incline treadmill Stairmaster

**Phase IV: 4 months and beyond**

**Goals:**

- Return to sport

**Plan:**

- Continue to advance strengthening: progressing weights
- Begin plyometric drills
- Advance proprioception: trampoline drills, jumping
- Agility drills: side stepping, backpedaling, circle running, figure eight sports cord
- Stairmaster, treadmill, walk/run, interval training
- Sport specific activities; i.e .. soccer drills K

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_