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**REHAB PROTOCOL: Ankle OCD Repair**

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

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

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

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

**PHASE I: Weeks 0-6**

**CRUTCHES:**

- NWB for OCD lesions/chondral drilling

**EXERCISE:**

**\*\*Note:** Exercise prescription is dependent upon the tissue healing process and individual functional readiness in all stages. If any concerns or complications arise regarding the patient's progress, physical therapy will contact the orthopedic doctor.

- Exercises should be performed 2-3 times each day.
- For the first 6 weeks patients should do nothing except gentle AROM exercises, gentle towel stretching for gastroc/soleus, frequent lower extremity elevation and ice.

**Criteria for Progression to Phase II are Basically "time-based". Progress per ortho guidelines. (Approx. 6 weeks)**

**PHASE II: Weeks 6-12- BEGINNING STRENGTHENING & FUNCTIONAL PHASE**

**FOLLOW-UP:** Every other week with P.T., Monthly with Ortho, Attend P.T. TIW during this phase

**DOCUMENTATION:** Swelling, Ecchymosis, Gait Status – Functional Level  
ROM & Strength

**BRACE / CRUTCHES:**

- WBAT – (Gradually wean from crutches. May D/C Crutches when Gait is basically non-antalgic).

**EXERCISE:** (Continue Phase I exercises as needed)

**Endurance Training:** (15-20 minutes)

- Bike against light resistance (5-10 minutes). Add time and intensity gradually.
- Progress to Stairmaster or Elliptical Machine

**Gait / Functional Training:** (3-5 minutes)

- Retro walking on treadmill with progress to forward walking, carioca & shuffle walks, etc.
- Independent pool program progression: walking, lunges, squats, jumping, deep water running.

**Motion & Stretching:** (3-5 minutes)

- Seated BAPS – Progress to standing BAPS (2-3 minutes)
- Add standing gastroc and soleus stretch

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**Strengthening:**

- Light to Moderate Theraband in all directions
- Heel Raise Progression (bilateral to unilateral)
- Hip PRE's in all directions

**Proprioceptive/Balance Training:** (appr. 5-10 minutes)

- One Legged Standing Exercises (2-3 exercises per day), Stork Stand, Airplane, Rubber tubing

**Criteria for Progression to Phase III:**

1. Single leg hopping is pain free
2. Ankle has full ROM (>95%)
3. Minimum 4 weeks on this phase

**PHASE III Weeks 12-16: ADVANCED STRENGTHENING & FUNCTIONAL PHASE:**

**FOLLOW-UP:** Every 3-4 Weeks with P.T., Perform exercises 3-5 times per week

**DOCUMENTATION:** Swelling, Ecchymosis, Gait Status – Functional Level ROM & Strength

**EXERCISE:**

Warm-up on bike or stairmaster and do general LE stretching (5-6 minutes):

**Endurance Training:**

- Stairmaster or Elliptical Machine
- Walk to Jogging/Running Program Progression
- Gait / Functional Training (5-10 minutes: Progress intensity gradually)
- Carioca jog, shuffles, directional jogging, fitter, slide board, Plyoball hop, trampoline hops, jump rope, etc.
- Sport specific agility drills

**Strengthening:** (Phase II exercises at Increasing resistance/intensity)

- All directions
- Gastroc/Soleus Press (Progressive Strengthening)
- ¼ Squats, Step-ups/downs, Lunges

**Proprioceptive/Balance Training:** (5-7 minutes: Phase II Ex at higher intensity)

- Standing Wobble Board (BAPS w/ eyes open & closed)
- One Legged Standing Exercises (2-3 exercises per day)
- Stork Stand, Airplane, Rubber tubing kicks, Body Blade, trampoline ball catch, plyoback, etc.

**GOALS for Rehabilitation:**

1. Lateral Hop is > 90% of noninvolved LE
2. Ankle has full strength
3. Ability to pass APFT

**Comments:**

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

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

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

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