

## Ankle Arthroscopy

This protocol is based on goal-oriented progression. Each patient is different and should be treated according to their tolerance in therapy. Please feel free to call with any questions. Therapy begins at about 10-14 days post procedure. Weight bearing may be limited if cartilage repair techniques were used to treat OCD of the talus for 6 weeks.

### **Phase I**

#### **Goals:**

- Decrease pain
- Decrease edema and inflammation
- Increase pain free range of motion and stimulate 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-weightbearing positions:
  - sitting BAPS drills in dorsiflexion and plantar flexion only
- Aquatic therapy if needed to meet above goals

### **Phase II**

#### **Goals:**

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

### **Phase III**

#### **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**

#### **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