



PHYSICAL THERAPY SECTION

ANKLE ARTHROSCOPY WITH MICROFRACTURE

Revised November 2016

Adapted from William Beaumont Army Medical Center

Post-op Days 1 – Wk 6

Crutches – non weight bearing (NWB) x 6wks
AROM hip and knee
Calf pumping
Wiggle toes
Ankle AROM (DF/PF, alphabet)
Straight legraise (SLR) x 4
Short arc quad (SAQ)
Upper body exercises (seated or bench only – no pushups)
LE stretches – Hamstring, quads, ITB, Hip flexors
Ice and Elevation
@ 2-3 wks add
-DF stretch w/ towel
-seated BAPS
-Stationary bike, start 10-15min and work up to 45min by week 6
-isometric ankle strengthening
-Pool therapy – NWB activities - shoulder deep water running

Goals

Pain management, Swelling controlled
Full range of motion (ROM)

Weeks 6 – 12

WBAT x at least 2 wks, d/c crutches when swelling stable, gait WNL
Continue appropriate previous exercises
Standing Gastroc and Soleus stretching
Theraband ex x 4 – Gradually increase resistance
Heel raises – double leg progress to single leg
Mini-squats – double leg progress to single leg
Forward, retro and lateral step downs
Knee extension and HS curl weight machines
Elliptical trainer, start 10-15min and work up to 45min by week 10
Double leg BAPS, Wall squats, Total gym
Pool therapy – progressive
@ 8-10 wks (when stable pain, swelling, normal gait)
Proprioception ex – Single leg BAPS, ball toss, body blade
Treadmill – Walking progression program
Steamboats (Theraband x 4 while standing on involved LE)

Goals

Normal strength
Walk 2 miles < 2/10 pain

Months 3 - 4

Continue appropriate previous exercises
Leg press and hip weight machine
Fitter, slide board
Push-up progression
Sit-up progression
Stairmaster
Pool therapy – Unrestricted

Goal – Walk 2 miles at 15min/mile pace

Months 4 – 6

Running progression program
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 6 months post-op