

Jeffrey Dean, MD
Orthopedic Surgeon

Ankle Arthroscopy (Rehabilitative Guidelines)

Revised January 2003

Post-op Days 1 – 7

Ice as needed, keep elevated
Crutches – NWB
In Splint
Wiggle toes
SLR x 4
Short arc quads

Goals – Pain and Effusion controlled

Weeks 1 – 3

Crutches – WBAT (D/C when gait is WNL)
In Splint while ambulating – D/C at 7-10 days
Calf pumping, alphabets, rotations
Ankle Theraband exercises x 4
Weight Shifting
Towel crunches
Seated BAPS board
Stationary bike
Gastroc/Soleus Stretching
Ice as needed

Goals – Normal gait, Pain/swelling under control

Weeks 3 – 6

Continue appropriate previous exercises
Ankle Theraband exercises x 4 with increased resistance
SLR x 4 with Theraband while standing on involved LE (steamboats)
Mini-squats, Total gym
Double leg heel raises – progress to single leg heel raises
Single leg BAPS, Ball Toss, and Body Blade
Forward, retro and lateral step downs
Treadmill – Walking progression program
Elliptical trainer
Pool therapy – Chest or shoulder deep water running

Goals – Full ROM

Jeffrey Dean, MD
Orthopedic Surgeon

Ankle Arthroscopy (Rehabilitative Guidelines)

Revised January 2003

Weeks 6 – 9

Continue appropriate previous exercises
Fitter, slide board
General LE PREs – Leg press, HS curls
Treadmill – Continue walking program
Pool therapy – unrestricted

Goals – Walk 2 miles at 15 min/mile pace

Weeks 9 – 12

Continue appropriate previous exercises
Agility drills / Plyometrics
Treadmill – Running progression program

Pass APFT at 6 months post-op

