



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
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Rehabilitation Guidelines for Ankle Arthroscopy, Debridement and/or Microfracture

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's postoperative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-2 Weeks:

- 0-2 weeks in splint
- No specific rehabilitation for foot/ankle at this time

2-4 Weeks:

- Placed in boot
- Strict non-weightbearing
- Regain range of motion
- Gastroc and achilles stretching
- Joint mobilization including plantarflexion and dorsiflexion

4-10 Weeks:

- Progress to weight bearing as tolerated with walker boot
- Edema control
- Gastroc and achilles stretching
- Joint mobilization including plantarflexion, dorsiflexion, inversion, eversion

10-12 Weeks:

- Slow wean from walker boot, consideration of lace up ankle brace if pain still present
- Restoration of full ROM by 12 weeks
- Begin formalized muscle strengthening
- Normalized pain free gait on flat surfaces, stairs, and inconsistent surfaces
- Gait mechanics
- Straight line running

12 Weeks+:

- Finalize muscle strengthening all ankle muscle groups
- Sports specific activities