

Robert Kollmorgen DO

ANKLE ARTHROSCOPY WITH MICROFRACTURE

Revised February 2017

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

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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