



11212 State Highway 151
Plaza 2, Suite 250
San Antonio, Texas 78251
P210-703-9758 – F210-703-9759

ANKLE ARTHROSCOPY (Rehabilitative Guidelines)

Revised June 2018

Post-op Days 1 – 7

Ice as needed, keep elevated

Crutches – NWB

In Splint

Wiggle toes

SLR x 4

Short arc quads

Goal – 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

Goal – Full ROM

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