

## *Dr. Safran's*

# ARTHROSCOPIC ANKLE DEBRIDEMENT REHABILITATION PROTOCOL

This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement.

Specific changes in the program will be made by Dr. Safran as appropriate for the individual patient.

### **Phase I: Week 1-2**

#### ***Goals***

- Control pain and swelling
- ADL (activities of daily living)

#### ***Guidelines***

- WB in CAM walker as tolerated
- Elevate to control swelling
- AROM hip and knee
- Sutures removed @ 10 - 14days
- ADL
- *No Formal PT*

### **Phase II: Week 2-6**

#### ***Goals***

- Full ROM (range of motion)
- Normal gait

#### ***Guidelines***

- Wean from CAM Walker as tolerated and gait normalizes
- PROM, AAROM and AROM (active range of motion) in all directions:
  - NWB
  - WB ROM as tolerated
- Massage for edema

## **Phase II: Week 2-6 (continued)**

- Strengthening
  - ankle - Theraband resisted training in all directions
    - Progress to WB exercises as tolerated
      - Heel raises (start with seated heel raises)
      - inversion/eversion on wobble board
  - hip - against resistance in standing
  - knee - wall sits, squats as tolerated
  - core - activate abdominals
    - bridging
    - standing: upper extremity diagonals
    - use core when on wobble board
- Gait retraining
- Manual mobilization if required
- Modalities prn
- Scar massage

## **Phase III: Week 6+**

### ***Goals***

- Full strength and endurance
- Good proprioception
- Return to work +/- activity

### ***Guidelines***

- Full activity as tolerated
- Proprioception retraining
- Dynamic training:
  - hopping
  - skipping
  - running
- Progress to plyometrics
- Work or sport specific retraining