

Ankle Arthroscopy with Talus OCD Cartiform Repair Protocol

Phase I - Post-operative Period (Weeks 0-1)

- NON-weightbearing
- Splint immobilization
- Daily icing, compression and elevation home program

Phase II (Weeks 1-3)

- Weightbearing: Continue NON-weightbearing for 6 weeks with crutches.
- Will place into CAM boot after first post-operative visit, may remove for hygiene and exercises
- Range of Motion – Early GENTLE non-weightbearing range of motion as tolerated
- Normalize gait pattern
- Modalities as indicated
- Daily HEP to include elevation, compression and icing

Phase III (Weeks 3-6)

- Weightbearing: Continue NON-weightbearing with crutches
- Range of Motion – Advance range of motion exercises
- Therapeutic Exercises (Non-weightbearing)
 - Ankle isometric strengthening exercises
 - Foot intrinsic strengthening

Phase IV (Weeks 6-8)

- Weightbearing: May advance weight bearing as tolerated. Should be able to fully weight bear and wean the crutches off by 8 weeks
- Range of Motion – Advance range of motion exercises
- Therapeutic Exercises
 - Ankle isometric strengthening exercises
 - Foot intrinsic strengthening
 - Balance and proprioception exercises
 - Stationary biking / swimming
 - Begin 4-plane theraband strengthening

Phase V (Weeks 8-12)

- Weightbearing: Weightbearing as tolerated
- Range of Motion – Should have full range of motion
- Therapeutic Exercises
 - Continue and advance ankle strengthening exercises
 - Evaluate for any core and hip weakness and treat accordingly
 - Begin double leg squats, calf raises, and toe raises

- Progress to single leg squats, calf raises, and toe raises
- Advance balance and proprioception exercises
- Initiate elliptical trainer and treadmill walking as tolerated, then straight plane jogging
- Controlled lateral agility work
- Modalities as indicated
- Daily HEP

Phase VI - Maintenance Phase

- Advanced single leg balance and proprioception exercises
- Progress lateral agility exercises and advanced agility drills
- Functional activity/sports-specific training
- Phase out supervised rehab
- Advance home strengthening program to be done daily
- Encourage maintenance gym work-outs focusing on ankle stabilization, core and hip strengthening

Criteria for Return to Sports / Full Activities:

- Full functional range of motion
- No pain or swelling with functional activities
- Good core control and balance / proprioception