



Mercy Sports Medicine Institute &  
Joint Preservation Center

*Robert Kollmorgen D.O.*

Sylvania Ave PH: 419-517-8178 Perrysburg PH: 419-873-6194

St Vincent's Hospital PH: 419-251-6784

## **ANKLE ARTHROSCOPY WITH MICROFRACTURE**

*Revised February 2009*

### **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

**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