



Mercy Sports Medicine Institute &
Joint Preservation Center

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ANKLE ARTHROSCOPY

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Post-op Days 1 – 10

L & U Splint – Watch for skin breakdown
Crutches – non weight bearing (NWB)
AROM hip and knee
Wiggle toes
Straight leg raise (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

Goals

Pain management
Prevent swelling

Days 10 – 21

Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
Continue appropriate previous exercises
Calf pumping, alphabet, rotations
Light Theraband ex x 4
Towel crunches and side-to-side
Seated BAPS, progress to double leg in standing
Stationary bike
Gastroc/Soleus Stretching
Ice as needed

Goals

Full range of motion (ROM)
Normal gait

Weeks 3 – 6

Continue appropriate previous exercises
Theraband ex x 4 – Gradually increase resistance
Elgin
Steamboats (Theraband x 4 while standing on involved LE)
Mini-squats, Wall squats, Total gym

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Double leg heel raises – Progress to single leg heel raises
Single leg BAPS, ball toss, and body blade
Forward, retro and lateral step downs
Knee extension and HS curl weight machines
Proprioception ex – Single leg BAPS, ball toss, body blade
Treadmill – Walking forwards and backwards
Elliptical trainer
Pool therapy – Chest or shoulder deep water running
Goal – Normal strength

Weeks 6 – 8

Continue appropriate previous exercises
Leg press and hip weight machine
Fitter, slide board
Push-up progression
Sit-up progression
Treadmill – Walking progression program
Stairmaster
Pool therapy – Unrestricted
Goal – Walk 2 miles at 15 min/mile pace

Months 2 – 4

Continue appropriate previous exercises
Running progression program
Agility drills / Plyometrics
Transition to home / gym program

Goals

Return to all activities at 4 months post-op