

Ankle Arthroscopy REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I 0-2 weeks</i>	Non-weight bearing	Splint On at all times during day and while sleeping	Splint in place for 2 weeks	quad sets, SLR in brace,
<i>PHASE II 2-6 weeks</i>	Non-weight bearing	CAM boot, at all times during day and while sleeping for weeks 2-4 weeks; May remove while sleeping after week 4; may come out for hygiene and to work with physical therapy	Ankle range of motion	Progress non-weight bearing flexibility Continue hip and glutes work Continue quad/hamstring sets, and SLR
<i>PHASE III 6 weeks - 12 weeks</i>	Advance 25% weekly and progress to full with weight bearing	Brace when mobilizing	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 8 weeks Advance SLR, floor-based exercises, hip/core
<i>PHASE IV 12-16 weeks</i>	Full	Wean boot until stable without	Full	Gait retraining; Progress flexibility and strengthening, progression of functional balance, core, Glutes/hams program Advance bike after 12 wks Outdoor cycling, elliptical, swimming after 12 wks

<i>PHASE V</i> <i>16-24 wks</i>	Full	None	Full	Dynamic and static balance Glutes/ pelvic stability/core + closed-chain quad program and HEP independent Continue gait retraining
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