



# The Orthopaedic & Fracture Clinic

## Ankle Arthroscopy with Microfracture

### Rehabilitation Protocol

- Patient will be splinted to restrict ROM.
- Patient will be NWB status and use two crutches to protect the repair site and allow the site to properly heal.

#### Phase I (One – Five Days Post Op)

- Wound care: Observe for signs of infection and begin scar management techniques when incision is closed.
- Edema control techniques.
- Gait: NWB.
- Boot/Brace: Worn four – six weeks.

#### Phase II (Five Days – Four Weeks Post Op)

- Scar management techniques.
- ROM: Begin gentle AROM at four weeks.
- Strengthening: Begin isometrics at four weeks.
- Gait: NWB until six weeks.

#### Phase III (4 – 10 Weeks Post Op)

- Scar management techniques.
- ROM: Continue A/PROM to progress to more aggressive ROM at six weeks.
- Strengthening: Continue isometrics to progress to active strengthening at six weeks.
- Initiate Theraband at eight weeks.
- Progression to weight-bearing allowed (closed chain exercises).
- Gait: Initiate WBAT at six weeks, then FBW at eight weeks.
- Balance/proprioception: two leg balance exercises to single leg, BAP's board activities.
- Wean from boot at six weeks post op, D/C by eight weeks.

#### Phase IV (10 + Weeks Post Op)

- Continue Phase III exercises.
- Advance to jogging/agility drills, sports-specific drills at 12-14 weeks.