



Ankle Arthroscopy with Ligament Repair REHAB Protocol

EARLY PHASE (Weeks 0-6)

Weight Bearing and Range of Motion:

Complete NWB to the lower extremity

Therapeutic Elements:

Ice every 20 minutes each hour

Elevate above the level of the heart as much as possible

Take anti-inflammatories, pain medication as directed

Goals:

Control pain/swelling

WEIGHT BEARING PHASE (Weeks 6-8)

Weight Bearing and Range of Motion:

WBAT +/- crutches in CAM walker

Active ROM

Balance, proprioception and gait training

Progress to closed chain exercise from stable to unstable surfaces

Single leg dynamic balance activities

Cardiovascular training

Therapeutic Elements:

Retrograde soft tissue mobilization for edema reduction

Goals:

Weight bearing in protective boot without discomfort

Normal gait

Restore normal active ROM in all planes



STRENGTHENING PHASE (Months 3-4)

Weight Bearing and Range of Motion:

Weight bearing as tolerated in ankle brace with rigid and supportive sneakers

Progress balance activity to single leg dynamic activity on unstable surfaces

Begin bilateral plyometrics as tolerated

Cardiovascular training, agility and jogging as tolerated

Therapeutic Elements:

Continue above

Goals:

Normal strength/balance

Return to work/sport

Pain free daily activities

****It is important to note that each patient has an individualized rehabilitation protocol and this is a generalized overview of the rehabilitation process***