

Post-operative Rehabilitation Protocol

Ankle Arthroscopy with Microfracture Talus

General Guidelines	<ul style="list-style-type: none"> - You will be Non-weight bearing with crutches for 6 weeks after surgery - Physical therapy will start after first post-operative visit around 2 weeks - Rest, ice, compression, elevation recommended for first 48 hours - No running or impact activities until minimum 6 months after surgery and cleared by MD - Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Early protection <i>Weeks 0 - 6</i>	0-2 weeks: No ROM in splint <i>Ice:</i> 20 minutes on, 20 minutes off every hour	0-2 wks: Splint full time 2-6 wks: CAM Boot	<u>Non-weight bearing</u> <i>Exercises:</i> straight leg raises, hip and knee ROM <i>2-6 weeks:</i> May begin gentle non-weight bearing ROM as tolerated, modalities PRN, RICE
Phase 2 – Transition <i>Weeks 6 - 8</i>	Progress to full ROM	CAM Boot	Add 25% weight bearing every 3-4 days until full WB at 8 weeks. <i>Exercises:</i> Continue phase 1. Stationary bike, Begin 4-plane Theraband strengthening
Phase 3 – Early Loading <i>Weeks 8 - 12</i>	Goal: Full, pain-free ROM	Wean out of Boot as tolerated	<i>Exercises:</i> Once normalized, pain-free gait → begin balance/proprioception exercises, advance strengthening, progress to single leg squats, calf raises, toe raises
Phase 4 – Strength <i>Weeks 12 - 24</i>	Full, pain-free ROM	None	<i>Exercises:</i> Progress strengthening. Build walking endurance.
Phase 5 – Resume activities <i>Weeks 24+</i>	Full, pain-free ROM	None	May begin straight plane jogging, controlled agility work Sport-specific training. No cutting/pivoting until minimum 6 months post-op.