

Arthroscopic Ankle Debridement

Phase I – Maximum Protection (0 to 2 Week):

Weeks 0 to 1:

- Ice and modalities to control inflammation
- Gait training using crutches partial weight bearing, progressing to weight bearing as tolerated

Range of Motion

-Full passive dorsiflexion, plantarflexion, inversion, and eversion

Exercises

- Begin passive/active-assistive dorsiflexion, plantarflexion, inversion, and eversion,
- Begin light stationary biking in 2 to 3 days as pain, swelling, and motion allow
- Active exercise to foot intrinsics
- Begin open/closed kinetic chain gastrocnemius/soleus stretching as tolerated

Phase II – Progressive Stretching and Early Strengthening (Weeks 2 to 4):

Weeks 2 to 4:

Range of Motion

-Full ROM in all planes, emphasize terminal stretching

Exercises

- Begin pool program when incisions are healed
- Continue with open and closed kinetic chain end range stretching
- Advance stationary biking, may begin treadmill walking and elliptical trainer, advance to intervals as tolerated
- Begin 4 plane ankle strengthening and PNF patterns, emphasize full ankle motion and end range muscle activation
- Begin closed kinetic chain calf strengthening, bilateral progressing to unilateral
- Begin proprioceptive training
- Begin pool running advancing to dry land as tolerated

Phase III – Strengthening Phase (Weeks 4 to 6):

Weeks 4 to 6:

Range of Motion

-Continue with end range stretching in all planes

Exercises

- Advance intensity on running program, sprinting as tolerated
- Begin multi-directional functional cord program and agilities
- Begin bilateral progressing to unilateral plyometric drills
- Advance intensity on 4 plane ankle strengthening
- Begin gastrocnemius/soleus strengthening in the gym, emphasize unilateral strengthening

Phase IV – Advanced Strengthening and Functional Phase (Weeks 6 to 8):

Weeks 6 to 8:

Exercises

- Advance running program
- Advance unilateral gastrocnemius/soleus strengthening
- Advance lateral agility and impact activity
- Advance bilateral progressing to unilateral plyometric drills
- Follow-up examination with the physician
- Sports test for return to sport