

GARRETT COUNTY ORTHOPAEDICS

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Ankle Arthroscopy

Days 0- 10days:

Crutches – non weight bearing (NWB)
AROM hip and knee
Wiggle toes
Straight leg raise supine (SLR) x 4
Short arc quad (SAQ)
Upper body exercises (seated or bench only – no pushups)
LE stretches – Hamstring, quads, ITB, Hip flexors
Ice and Elevation

10 days – 3 weeks:

Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
Continue appropriate previous exercises
Calf pumping, alphabet, rotations
Light Theraband ex x 4
Towel crunches and side-to-side
Seated BAPS, rocker board, etc
Stationary bike
Gastroc/Soleus Stretching
Ice as needed

3- 6 weeks:

Continue appropriate previous exercises
Theraband ex x 4 – Gradually increase resistance
Elgin
Steamboats (Theraband x 4 while standing on involved LE)
Mini-squats, Wall squats, Total gym
Double leg heel raises – Progress to single leg heel raises
Single leg BAPS, ball toss, and body blade
Forward, retro and lateral step downs
Knee extension and HS curl weight machines
Proprioception ex – Single leg BAPS, ball toss, body blade
Treadmill – Walking forwards and backwards
Elliptical trainer
Pool therapy – Chest or shoulder deep water running

6- 8 weeks:

Continue appropriate previous exercises
Leg press and hip weight machine
Push-up progression
Sit-up progression
Treadmill – Walk to jog progression program

Stairmaster
Pool therapy – Unrestricted

2- 4 months:

Continue appropriate previous exercises
Running progression program
Agility drills / Plyometrics
Transition to home / gym program

Goals

Return to all activities

Todd W. Feathers, MD
Orthopaedic Surgeon