



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920



## ANKLE ARTHROSCOPY WITH MICROFRACTURE

*Revised February 2009*

### **Post-op Days 1 – Wk 6**

Crutches – non weight bearing (NWB) x 6wks  
AROM hip and knee  
Calf pumping  
Wiggle toes  
Ankle AROM (DF/PF, alphabet)  
Straight legraise (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  
@ 2-3 wks add  
-DF stretch w/ towel  
-seated BAPS  
-Stationary bike, start 10-15min and work up to 45min by week 6  
-isometric ankle strengthening  
-Pool therapy – NWB activities - shoulder deep water running

#### **Goals**

Pain management, Swelling controlled  
Full range of motion (ROM)

### **Weeks 6 – 12**

WBAT x at least 2 wks, d/c crutches when swelling stable, gait WNL  
Continue appropriate previous exercises  
Standing Gastroc and Soleus stretching  
Theraband ex x 4 – Gradually increase resistance  
Heel raises – double leg progress to single leg  
Mini-squats – double leg progress to single leg  
Forward, retro and lateral step downs  
Knee extension and HS curl weight machines  
Elliptical trainer, start 10-15min and work up to 45min by week 10  
Double leg BAPS, Wall squats, Total gym  
Pool therapy – progressive  
@ 8-10 wks (when stable pain, swelling, normal gait)  
Proprioception ex – Single leg BAPS, ball toss, body blade  
Treadmill – Walking progression program  
Steamboats (Theraband x 4 while standing on involved LE)

#### **Goals**

Normal strength  
Walk 2 miles < 2/10 pain

### **Months 3 - 4**

Continue appropriate previous exercises  
Leg press and hip weight machine  
Fitter, slide board  
Push-up progression  
Sit-up progression  
Stairmaster  
Pool therapy – Unrestricted

**Goal** – Walk 2 miles at 15min/mile pace

### **Months 4 – 6**

Running progression program  
Transition to home / gym program

#### **Goals**

Return to all activities  
Pass APFT at 6 months post-op

BRYAN L. BOYEA  
LTC, SP  
Chief, Physical Therapy

MICHAEL S. MACHEN  
LTC (P), MC  
Chief, Orthopedics