



Ankle Arthroscopy Protocol

Week 1

Progress weight bearing as tolerated – wean off crutches by day 7
Passive ROM in DF, PF, Inversion, Eversion
AROM – PF and DF only
Gastroc/Soleus/Hamstring stretching several times daily
Stationary Biking for ROM
Isometric strengthening (5x5”) – 4 way
E-stim and cryotherapy for edema control

Week 2

Gait training at various speeds/surfaces
Resistance bands/isokinetics for 4 way strengthening
Seated BAPS/wobble board work
Intermediate proprioceptive training
Light jogging in pool
Limited prolonged walking to minimize soreness/edema
Ultrasound/Phonophoresis as needed

Weeks 3-4

Increase resistance bands/isokinetic speeds – 4 way
Standing BAPS board
Advanced proprioceptive training
Initiate lateral lower extremity movements
Elliptical machine/increase walking tolerance
Passive stretching for terminal ROM

Weeks 4+

Plyometrics – including lateral movements
Jogging progression – based on patients previous level of activity
Resume weight training with lower extremities
Return to sport/recreation as tolerated