

Rehabilitation Guidelines:

Ankle Arthroscopy & Lateral Ligament Recon Protocol

	Week 1 & 2	Week 3 & 4	Week 5 & 6
Weight bearing	<ol style="list-style-type: none"> 1. Non-weight bearing in cast for 10-12 days 2. Wound care 3. Remove stitches end of 2 weeks 	<ol style="list-style-type: none"> 1. Partial to full weight bear by 4th week 2. Keep dressing over wounds to avoid abrasion. Typically remove at the end of week 3 	<ol style="list-style-type: none"> 1. Full weight bearing with sports shoes beginning week 5 2. Intensive muscle & balancing exercises. Strengthening to begin. 3. Range of Motion should be near full end of week 5
Vacoped Boot	<ol style="list-style-type: none"> 1. Start standing to partial weight bearing at the end of first week 2. Week 2 assisted weight bearing with crutches Start active passive range of motion 3. Cryotherapy - Icing to ankle 	<p><u>Week 3</u></p> <ol style="list-style-type: none"> 1. Weight bearing Fully with one crutch 2. Boot adjusted to full range <p><u>Week 4</u></p> <ol style="list-style-type: none"> 1. Weight bearing Fully with no crutch where possible <p>All the while maintaining active & passive dorsi/plantarflexion</p> <p>No resisted inversion/eversion exercises</p>	<ol style="list-style-type: none"> 1. Wean off boot <p><u>Week 6 onwards</u></p> <ol style="list-style-type: none"> 1. Focus on balance, proprioception 2. Gentle inversion & eversion 3. Resisted exercises 4. One leg push stance & push off
Walking	<ol style="list-style-type: none"> 1. Mobilise with crutches 	<ol style="list-style-type: none"> 1. Aim full Weight bearing by end of week 4 2. Can start to wean off boot by trying at home/even ground ambulation without boot 	<ol style="list-style-type: none"> 1. Gradual increase no. of daily steps to 5,000
Exercises	<ol style="list-style-type: none"> 1. Gentle Ankle pump 2. Alphabets 	<ol style="list-style-type: none"> 1. Aqua gym 2. Swimming at week 4 if wound is closed 	<p><u>Week 6 onwards</u></p> <ul style="list-style-type: none"> • Stationary cycling <p><u>3 months onwards</u></p> <ul style="list-style-type: none"> • Treadmill jogging, return to pitch for training. • No pivot shifting or contact sport typically until end of 3rd month
	N.A	<u>N.A</u>	Running

