

# heekin orthopedic S P E C I A L I S T S

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## **ANKLE ARTHROSCOPY/DEBRIDEMENT PHYSICAL THERAPY PROTOCOL**

### **Preoperative Guidelines**

- Restore full ankle AROM
- Teach normal heel-toe gait
- Strengthen involved extremity
- Explain importance of PRICE
- Educate patient on post-op protocol, use of crutches (level surfaces and stairs)

**Note: Exercise prescription is dependent upon the tissue healing process and individual functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.**

### **Phase I (Post-op Days 1 – 7)**

- Crutches – WBAT (**Unless otherwise specified by Ortho**)
- Stationary bike as tolerated
- Ankle ROM all planes: alphabet, rotations, ankle pumping
- Calf stretching
- Ankle isometrics...progress to light Theraband
- Towel crunches/marble pick-ups
- Weight shifting
- Seated BAPS
- Ice as needed, keep elevated

**Goals** – Pain and edema controlled, Independent crutch ambulation level and stairs

### **Phase II (Weeks 2 – 4)**

- Crutches – WBAT (D/C when gait is WNL)
- Mini-squats as tolerated
- Continue stretching and ROM
- Elliptical, Stairmaster
- Treadmill...walking progression
- Increase ankle Theraband resistance INV and EVER and DF

- Double heel raises...progress to single leg
- Single leg bridging (and then go into PF and hold position)
- Single leg balance activities as tolerated, Plyoback, Body Blade
- Fitter, rocker board
- Standing Well-leg Theraband
- Double leg BAPS board...progress to single leg
- Teach scope site massage when healed
- Pool therapy
- Ice as needed

**Goals:** Normal heel-toe gait x 2 miles without pain or increased edema, full ankle ROM

**Phase III (when Phase II goals met)**

- Continue appropriate previous exercises
- Progress BAPS with larger ball and add resistance
- Lateral step-downs
- Gym Program
- Walk to Jog progression
- Agility drills/shuffles/figure 8s
- Plyometrics...start with bilateral, then progress as tolerated

**Goals** – Jog 2 miles without increase in pain or edema