ANKLE OCD SURGERY REHABILITATION GUIDELINES

**PRE-OP:**

**EVALUATION:** Gait, Edema, ROM, Strength, Ligament Laxity and Tenderness

**EXERCISE:** Instruct in Phase I post-op exercises

**CRUTCHES:** Instruction in NWB 3-point gait (Level Surfaces and Stairs)

**EDUCATION:** Understand the need of Compliance in Rehabilitation, Timelines, Goals, Precautions & Follow-up Appointment.

**PHASE I: POST-OP (Acute) PHASE:**
Generally lasts until 6 weeks post-operative

**CRUTCHES:** NWB for OCD lesions/chondral drilling

**EXERCISE:**

**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 patient’s progress, physical therapy will contact the orthopedic doctor.

Exercises should be performed 2-3 times each day.

For the first 6 weeks patients should do nothing except gentle AROM exercises, gentle towel stretching for gastroc/soleus, frequent lower extremity elevation and ice.

**Criteria for Progression to Phase II are Basically “time-based”. Progress per ortho guidelines. (Approx. 6 weeks)**

**PHASE II: BEGINNING STRENGTHENING & FUNCTIONAL PHASE:**
Generally begins at 6 weeks post-operative and lasts 4-6 weeks (until 10 to 12 weeks post-op)

**FOLLOW-UP:** Every other week with P.T., Monthly with Ortho, Attend P.T. TIW during this phase

**DOCUMENTATION:** Swelling, Ecchymosis, Gait Status – Functional Level ROM & Strength

**BRACE / CRUTCHES:** WBAT – (Gradually wean from crutches. May D/C Crutches when Gait is basically non-antalgic).

**EXERCISE:**

(Continue Phase I exercises as needed)

**Endurance Training:** (15-20 minutes)

Bike against light resistance (5-10 minutes). Add time and intensity gradually. Progress to Stairmaster or Elliptical Machine

**Gait / Functional Training:** (3-5 minutes)

Retro walking on treadmill with progress to forward walking, carioca & shuffle walks, etc.

Independent pool program progression: walking, lunges, squats, jumping, deep water running.

**Motion & Stretching:** (3-5 minutes)

Seated BAPS – Progress to standing BAPS (2-3 minutes)
Add standing gastroc and soleus stretch
Strengthening
- Light to Moderate Theraband in all directions
- Heel Raise Progression (bilateral to unilateral)
- Hip PRE’s in all directions

Proprioceptive/Balance Training: (appr. 5-10 minutes)
- One Legged Standing Exercises (2-3 exercises per day),
- Stork Stand, Airplane, Rubber tubing kicks, Body Blade, Trampoline ball catch, plyoback, etc.

Criteria for Progression to Phase III:
1. Single Leg Hopping is Pain Free
2. Ankle has full ROM (> 95%)
3. Minimum 4 weeks on this phase

Phase III: Advanced Strengthening & Functional Phase:
Generally begins at 10 to 12 weeks post-operative and lasts 6-8 weeks (until 16 to 20 weeks post-operative)

Follow-up: Every 3-4 Weeks with P.T., Perform exercises 3-5 times per week

Documentation:
- Swelling, Ecchymosis, Gait Status – Functional Level
- ROM & Strength

Exercise:
- Warm-up on bike or stairmaster and do general LE stretching (5-6 minutes):

Endurance Training:
- Stairmaster or Elliptical Machine
- Walk to Jogging/Running Program Progression

Gait / Functional Training (5-10 minutes: Progress intensity gradually)
- Carioca jog, shuffles, directional jogging, fitter, slide board
- Plyoball hop, trampoline hops, jump rope, etc.
- Sport specific agility drills

Strengthening: (Phase II exercises at Increasing resistance/intensity)
- All directions
- Gastroc/Soleus Press (Progressive Strengthening)
- ¼ Squats, Step-ups/downs, Lunges

Proprioceptive/Balance Training: (5-7 minutes: Phase II Ex at higher intensity)
- Standing Wobble Board (BAPS w/ eyes open & closed),
- One Legged Standing Exercises (2-3 exercises per day),
- Stork Stand, Airplane, Rubber tubing kicks, Body Blade, Trampoline ball catch, plyoback, etc.

Goals for Rehabilitation:
1. Lateral Hop is > 90% of noninvolved LE
2. Ankle has Full Strength
3. Ability to pass APFT

________________________________________________________________________
Signature                                      Date