

## **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**

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Signature

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Date