



ADVANCED
ORTHOPAEDIC
SPECIALISTS



Ankle Debridement (Ankle Scope) Rehab Protocol

Phase	Weightbearing	Brace	ROM	Therapeutic Interventions
Phase I Weeks 0-1	50% WB in CAM boot with crutches	CAM boot at all times unless performing home exercises	AAROM/PROM all planes as tolerated NO stretching	No formal PT; home exercises AAROM/PROM all planes as tolerated by patient; knee flexion/extension AROM; elevate and apply cryotherapy as often as possible to control edema/pain
Phase II Weeks 1-6	WBAT; DC crutches ASAP and wean from CAM boot as gait normalizes	CAM boot when walking; transition to supportive tennis shoe as gait improves	AROM/PROM all planes as tolerated NO aggressive stretching	Begin formal PT utilize stationary bike, seated heel raises, PT joint mobilization/PROM and gait training; progress toward proprioception in standing and light band resisted PF/DF/Inv/Ev
Phase III Weeks 6-12	WBAT	No CAM boot	Progress stretching to full AROM/PROM without pain	Progress Phase 2 interventions to more WB and CKC activities (elliptical, standing heel raise, SL STS, step up forward/lateral, proprioception in SLS), assure great toe engaged in standing/gait, improve SLS with tri-pod of foot engaged using intrinsic foot musculature
Phase IV Weeks 12+	WBAT	No CAM boot	Full, pain-free AROM all planes	Progress to return-to-sport activity and advanced strengthening and plyometric activity

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