



Physical Therapy

Ankle Arthroscopy- Postoperative Protocol

<u>Week</u>	<u>Physical Therapy Guidelines</u>	<u>Goals</u>
0-2	<ul style="list-style-type: none"> • in back slab NWB or WBAT in soft dressing • education on proper crutch/walker use • AROM of hip and knee • rest and elevation of limb to 14 cm/6in above heart 22 out of 24 hrs a day 	<ul style="list-style-type: none"> • ADL's with safe crutch/walker use • Control swelling and pain
2+	<ul style="list-style-type: none"> • 1st post-op visit at F/A Clinic at 2 weeks post-op • seen by Physiotherapist in F/A clinic and taught AROM of ankle and toes • scar massage • WBAT in shoe at 2 wks post-op • may start Physiotherapy with no restrictions, gradually increasing ROM, strength, balance and proprioception • gait training in a shoe • joint mobilizations • may start swimming once arthroscopic holes are completely healed and dry • important to focus on functional dorsiflexion as this is often the most restricted movement • include core exercises – transversus abdominus and gluteus medius • wean from crutches once able to ambulate without a limp 	<ul style="list-style-type: none"> • increase ankle ROM • increase ankle strength • increase balance and proprioception • increase exercise tolerance • maintain hip and knee ROM • safe use of crutches/walker

Pain and Swelling

This procedure can cause swelling and pain. It is normal for the foot and ankle to be swollen up to 6 months post-op. Redness does not necessarily indicate infection. Significant drainage from the wound is usually a sign of infection.

Driving

The patient may drive if the surgery is on the **LEFT** foot as pain and swelling allows, and if the car is an automatic. If the surgery is on the **RIGHT** foot the patient may return to driving if they are full weight bearing and can safely demonstrate an emergency stop on the brake. **THE PATIENT CANNOT DRIVE WHILE THEIR FOOT IS IN A WALKER BOOT.** The patient should contact their insurance company before driving a car.

Return to Work

Return to work at a fully sedentary job no earlier than 3-4 weeks post-op.

Return to work at a job requiring significant amounts of standing or walking no earlier than 2 months post-op.

Return to work for jobs with physical requirements between the above extremes is individualized (if uncertain please contact the surgeon).