GALLAND/KIRBY ANKLE ARTHROSCOPY
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 10

- L & U Splint – Watch for skin breakdown
- Crutches – non weight bearing (NWB)
- AROM hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – Hamstring, quads, ITB, Hip flexors
- Ice and Elevation

GOALS
- Pain management
- Prevent swelling

Days 10 – 21

- Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
- Continue appropriate previous exercises
- Calf pumping, alphabet, rotations
- Light Theraband ex x 4
- Towel crunches and side-to-side
- Seated BAPS, progress to double leg in standing
- Stationary bike
- Gastroc / Soleus Stretching
- Ice as needed

GOALS
- Full range of motion (ROM)
- Normal gait

WEEKS 3 – 6

- Continue appropriate previous exercises
• Theraband ex x 4 – Gradually increase resistance
• Elgin
• Steamboats (Theraband x 4 while standing on involved LE)
• Mini-squats, Wall squats, Total gym
• Double leg heel raises – Progress to single leg heel raises
• Single leg BAPS, ball toss, and body blade
• Forward, retro and lateral step downs
• Knee extension and HS curl weight machines
• Proprioception ex – Single leg BAPS, ball toss, body blade
• Treadmill – Walking forwards and backwards
• Elliptical trainer
• Pool therapy – Chest or shoulder deep water running

**GOAL**
• Normal strength

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**WEEKS 6 – 8**

• Continue appropriate previous exercises
• Leg press and hip weight machine
• Fitter, slide board
• Push-up progression
• Sit-up progression
• Treadmill – Walking progression program
• Stairmaster
• Pool therapy – Unrestricted

**GOAL**
• Walk 2 miles at 15 min/mile pace

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**MONTHS 2 – 4**

• Continue appropriate previous exercises
• Running progression program
• Agility drills / Plyometrics
• Transition to home / gym program

**GOAL**
• Return to all activities

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