

# Rehabilitation Protocol: Arthroscopic Ankle Debridement



Hospital for Joint Diseases  
NYU LANGONE MEDICAL CENTER

**Craig M. Capeci, MD**  
Orthopaedic Surgery & Sports Medicine  
Clinical Assistant Professor

\_\_1095 Park Ave, NY 212-427-7750  
\_\_1056 5<sup>th</sup> Ave, NY 212-348-3636  
\_\_263 7<sup>th</sup> Ave, Bklyn 718-246-8700

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-2)**

- **Weightbearing:** Partial weightbearing in CAM walker using crutches or cane
- **Range of Motion:** Active, active-assist and passive range of motion as tolerated in all planes
- **No Formal PT**

**Phase II (Weeks 2-6)**

- **Weightbearing:** As tolerated; discontinue CAM walker and assistive devices when gait normalizes
- **Range of Motion** – PROM/AROM/AAROM of the ankle in all planes
  - Progress with ankle Plantarflexion/Dorsiflexion/Inversion/Eversion and Toe Flexion/Extension
- **Therapeutic Exercise**
  - Stationary bicycle
  - Seated heel raises
  - Resistance bands for plantarflexion/dorsiflexion/inversion/eversion
  - Proprioception exercises
  - Soft tissue mobilization/scar massage/densitization/edema control
- Modalities under discretion of PT

**Phase III (Weeks 6-12)**

- **Range of Motion** – Full painless range of motion
- **Therapeutic Exercises**
  - Elliptical, walking treadmill
  - Standing heel raises progress to single toe-raise
  - Single leg eccentric lowering
  - Step-ups, side steps
  - Progressive ankle strengthening
  - Hip, knee strengthening exercises
  - Proprioception exercises – balance board

**Phase IV (Months 3-6)**

- Progress with strengthening, proprioception and gait training activities
- **Return to full unrestricted activity/sports when cleared by MD**

Comments:

Frequency: \_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_