

1 to 3 weeks

if



**Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service**

**Ankle Arthroscopy with or w/o Talus
OCD Microfracture Rehab Protocol
Prescription**

Patient Name:

Date:

**Diagnosis: Ankle synovitis talar OCD lesion
Frequency: 2-3 visits/week Duration:
3 months**

Talar OCD microfracture performed Y / N

Post-operative Period

0 to 1 week

Splint immobilization
Crutches with non-weight-bearing
Daily icing, compression and elevation
home program

If microfracture is performed

Toe touch weightbearing is continued
for 6 weeks with crutches

Advance to weightbearing as tolerated
to wean the crutches off by 8 weeks

Perform ROM and strengthening
exercises non-weightbearing for first 6
weeks

Advance range of motion exercises
Foot intrinsic strengthening
Ankle isometric strengthening exercises
Balance and proprioception exercises
Stationary biking/swimming
Begin 4-plane theraband strengthening
Gradual return to functional activities
Modalities as indicated
Daily HEP

Functional Rehab Phase (6 to 12 weeks)

Continue and advance ankle strengthening
exercises
Evaluate for any core and hip weakness and
treat accordingly
Begin double leg squats, calf raises, and toe
raises
Progress to single leg squats, calf raises, and
toe raises
Advance balance and proprioception
exercises
Initiate elliptical trainer and treadmill
walking as tolerated, then straight plane
jogging
Controlled lateral agility work
Modalities as indicated
Daily HEP

Maintenance Phase

Consider bracing for activity/sports (not
mandatory)
Advanced single leg balance and
proprioception exercises

Progress lateral agility exercises and advanced agility drills

Functional activity/sports-specific training

Phase out supervised rehab

Advance home strengthening program to be done daily

Encourage maintenance gym work-outs focusing on ankle stabilization, core and hip strengthening

Criteria for Return to Sports/Full Activities:

1. Full functional range of motion
2. No pain or swelling with functional activities
3. Good core control and balance/proprioception