



ADVANCED
ORTHOPAEDIC
SPECIALISTS

Dr. Chris Arnold
Dr. David Yakin
Dr. Terry Sites
Dr. Kenton Hagan

Ankle Scope with Microfracture Rehab Protocol

Phase	Weight Bearing	Brace	ROM	Therapeutic Interventions
Phase I Weeks 0-2	NWB	CAM boot with crutches, walker, knee scooter or knee crutch	AROM at hip and knee ONLY	In-boot: wiggle toes, LAQ, quad set, hamstring set, hip 4 way in standing or laying Out-of-boot: elevation + cryotherapy
Phase II Weeks 2-6	NWB	CAM boot with crutches, walker, knee scooter or knee crutch	AROM all planes at ankle	NWB pain-free stretching of ankle/foot, limited WB AROM foot/ankle (toe towel scrunch, foot towel swipes, marble pick-up, seated rocker/BAPS/MOBO board, OKC AROM PF/DF/Inv/Ev), continue knee/hip exercise
Phase III Weeks 6-10	WBAT in CAM boot progressing to supportive shoe	Wean from CAM boot as tolerated	Full AROM at ankle	CKC strengthening at the foot/ankle (leg press, heel raise seated & standing, assisted squats), SL proprioception activity (rebounder, foam SLS, catch in SLS, standing rocker/BAPS/MOBO board), gait training, late Phase III begin plyometric activity if patient demo's adequate gait pattern, strength and proprioception
Phase IV Weeks 10+	WBAT	None	Full AROM at ankle	Sport and/or work specific return-to-activity progression; no limitations unless specified by surgeon

Advanced Orthopaedic Specialists - Physical Therapy 3900 N. Parkview Dr. Fayetteville, AR 72703