

Center for Athletic Medicine
Dr. Preston Wolin
Ankle Arthroscopy Microfracture Protocol

~Please call 773-248-4150 with any and all questions~

Phase 1: 0-4 Weeks

Weight Bearing: Non weight bearing

Range of Motion: Focus on full, gentle range as tolerated. HEP with AROM.

Therapeutic Exercise: Ankle alphabets, ROM in open chain; modalities; soft tissue mobilization

Phase 2: 4-8 weeks

Weight Bearing: increase weight bearing by 25% of body weight each week in boot. Continue to wear boot full time until 6 weeks post op, then wean from boot until full WBing at 8 weeks.

Range of Motion: continue to progress with A/PROM

Therapeutic Exercise: AROM, may begin stationary bike without resistance at 6 weeks, seated BAPS at 6 weeks, isometric strengthening at 6 weeks, hold theraband strengthening until 8 weeks, progress with closed chain strengthening as WBing allows.

Phase 3: 8-12 Weeks

Weight Bearing: Full with goal to no longer use assistive devices or crutches.

Range of Motion: Progress to full and pain-free ROM

Therapeutic Exercise: Begin ankle strengthening exercises with Therabands, stationary bike, proprioceptive / balance therapy, jogging as tolerated at 12 weeks

Phase 4: 12+ Weeks

Weight Bearing: Full

Range of Motion: Full and pain-free

Therapeutic Exercise: Forward/backward running; Begin to progress to normal sport specific activities. Jumping / hopping / cutting / plyometrics to begin at 16 weeks post op if progressing without pain. Return to sport / work is per MD approval only.