



ANKLE/SUBTALAR ARTHROSCOPY

REHABILITATION PROTOCOL

REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

- Early range of motion vital for prevention of stiffness and scar tissue

PHASE 1 (WEEK 0-2)

- VenaPro and Iceman machine for pain control, healing and circulation
- Pain medications as required
- Gentle range of motion and strengthening exercise

PHASE 2 (WEEKS 3-6)

- VenaPro and Iceman machine for pain control, healing and circulation
- Formal physiotherapy for gradual strengthening

PHASE 3 (WEEKS 7- FULL RECOVERY)

- Gradual return to full activity