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# 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 I (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