

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Arthroscopic Ankle Debridement with Microfracture

****Splint x 2 weeks, f/b boot maintaining NWB status for 6 weeks.**

****Progressive WBing protocol-increase WBing by 25% every 4-7 days, as tolerated**

Phase 1 – Early Motion and Maximum Protection (0-2 weeks)

Weeks 0-2 Ice and Modalities to control inflammation
Gait Training NWBing with appropriate AD
Hip and Core stabilization ex, maintaining NWBing status

Weeks 2-6 In boot at all times except when bathing or performing ROM exercises
Continue with NWB precautions
Gentle active dorsiflexion and plantarflexion only (500-1000 cycles/day)
Manual soft tissue and scar mobilization
Gentle grade I-II distraction and talocrual joint mobilization
Modalities to control inflammation
Intrinsic muscle activation (towel curls, marble pickups)

Criteria to Progress: Minimal swelling, Minimal pain, Neutral DF ROM

Phase 2 –Range of Motion and Gait

Weeks 6-8 Gait training begin progressive WBing @25% w/ AD follow progressive WBing protocol
Initiate gentle active inversion and eversion ROM
Initiate gentle gastroc/soleus stretching
Manual PROM, soft tissue and joint mobilization to improve ROM/joint mobility
Begin strengthening-isometrics all planes progress to theraband exercises
Intrinsic strengthening (marble pick ups, towel curls etc)
Begin Proprioceptive Ex (Rhythmic stab, PNF, BAPS etc OKC=>CKC)
May initiate aquatics-follow WBing status

Week 8-12 Following FWBing in Boot x 1 week, transition to a shoe with ASO
Restore Full active ROM
Progressive strengthening OCK=>CKC, seated=>standing, DL=>SL
Progress proprioception activities OCK=>CKC, DL=>SL
Begin stationary bike and elliptical trainer (no impact)

Criteria to Progress: Full AROM, Normalize gait, Good strength throughout, SL balance 30 sec

Phase 4 – Advanced Strengthening

Week 12-16 Continue with end range stretching
Progressive Proprioceptive Training-SL dynamic training
Progressive CKC strengthening –heel raises, lunges, squats

Criteria to Progress: Excellent dynamic balance on uneven surfaces, Full LE strength, Demonstrates proper squat movement patterns, Single leg squat x 1 min, Symmetrical Y balance

Phase 5 – Return to Sport

Week 16-24 Initiate run/walk program at week 16
Sport cord training
Progressive Agility and Plyometric Training at week 20

Criteria to Progress: Pass sport cord test, Runs with normal gait, Demonstrates symmetry with functional hop tests

Return to Activities

Name _____
Therapist _____
Physician _____



**Patient
Flow Sheet**

proaxistherapy™

Running

Initiate at 16 weeks when functional criteria met (SL squat x 1:30 x 3)

Golf

Initiate at 20 weeks when functional criteria met

Pivoting/cutting sport

Initiate at 20 weeks when functional criteria met

Surgeon Comments:



proaxistherapy™