

Ankle Arthroscopy Protocol

	Weight Bearing	Range of Motion	Therapeutic Exercise
Phase 1 0-4 weeks	Weight Bearing as Tolerated with crutches, discontinue crutches when gait pattern normalized	Focus on full range as tolerated. Active motion as often as possible, at least 5 times per day	Ankle alphabets 5 times per day, Stationary bike, band resistance strengthening
Phase 2 4-8 weeks	Full	Progress to full and pain-free ROM	Progress to proprioceptive therapy and strengthening