

## Rehabilitation Protocol: Microfracture/DeNovo Ankle/Talus

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Phase I (Weeks 1-2)

- **Goals**
  - Control pain and swelling
  - ADL (activities of daily living)
- **Guidelines**
  - NWB (non-weight bearing)
  - Elevate to control swelling
  - AROM hip and knee
  - Sutures dissolved/removed @ 10-14 days
  - ADL

### Phase II (Weeks 3-6)

- **Goals**
  - Normal gait
- **Guidelines**
  - NWB for a total of 4-6 weeks (depending on discretion of surgeon)
  - Begin physical therapy at week 3
  - Start ankle AROM (active range of motion)/PROM (passive range of motion)

### Phase III (Weeks 6-10)

- **Goals**
  - Full ROM (range of motion)
  - Full strength and endurance
  - Good proprioception
- **Guidelines**
  - Wean from boot as tolerated
  - Massage for edema
  - AROM in all directions
    - NWB
    - WB ROM as tolerated
  - Gait retraining
  - Manual mobilization if required
  - Strengthening
    - Ankle
      - Theraband resisted training in all directions
      - Progress to WB exercises as tolerated
      - Toe raises
      - Inversion/eversion on wobble board or fitter

- Proprioception retraining
- Dynamic training
  - Hopping
  - Skipping
  - Running
- Progress to plyometrics

**Phase IV (Week 10+)**

- **Goals**
  - Return to work and/or activity
- **Guidelines**
  - Full activity as tolerated
  - Work or sport specific retraining

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_