**Posterior Impingement Ankle Surgery Protocol**

POSTOPERATIVE REHABILITATION

**Operative**

* Posterior slab/splint; NWB x 3 weeks. Knee scooter recommended for mobility

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CLINICAL**: (3-6 weeks) CAM walking boot. **Weightbearing as tolerated. May remove boot for sleeping.** May remove boot for bathing and hygiene.

Goals: Decrease pain, Control edema, Increase range of motion and muscle contraction tolerance

**THERAPY**: 3-6 weeks (remove boot for therapy)

* Weightbearing as tolerated for gait with CAM boot, Passive or active inversion/eversion
* Range of motion exercises, Active range of motion 2 planes to neutral (DF/PF), light resistance
* Progress gait in boot
* Begin FHL tendon excursion exercises
* Progressive resistance exercises of the hip/knee
* Soft tissue mobilization and modalities as needed
* Joint mobilization as indicated

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CLINICAL**: (6-9 weeks) WBAT in ASO brace,

Goals: Control edema and pain, Increase strength and tolerance to single-limb stance and advanced activities, Improve proprioception and stability of ankle, minimize gait deviations on level surfaces

**THERAPY**: 6-9 weeks

* **WBAT in ASO**
* Isometric exercises
* Active range of motion of ankle with resistance
* Standing bilateral heel raises and squats and lunges
* Treadmill and stationary bike and pool therapy
* Elastic bands and balance board exercises
* Proprioceptive neuromuscular facilitation

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CLINICAL**: (9-12 weeks) **Therapist to progress patient out of ASO brace**

Goals: Full active and passive range of motion, return ankle strength to 90% of uninvolved side, self-management of edema and pain

**THERAPY**: 9-12 weeks

* **Therapist to progress patient out of ASO brace**
* Increase elastic band resistance
* Body weight strengthening exercises