

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Arthroscopic Ankle Debridement

****Pt is in a splint NWBing for 10-14 days after surgery**

****Progressive weight bearing-increase WBing by 25% every 4 days-1week**

Phase 1 – Early Motion and maximum protection (0-2 weeks)

Weeks 0-2

Ice and Modalities to control inflammation

Gait training using crutches, NWB x 10-14 days, f/b progressive WBing in boot @ 2wks

Hip and Core stabilization/strengthening ex maintaining WBing precautions

Active toe ROM

Criteria to Progress: Minimal swelling, Minimal pain

Phase 2 – Gait and Endurance

Weeks 2-4

Continue phase I ex

Gait training for progressive WBing in boot once full WBing in boot x 7 days , transition to shoe with ASO—emphasis on normalizing gait

Begin gastrocnemius and soleus stretching as tolerated

Full A/PROM in all planes, emphasizing terminal stretching

Intrinsic muscle activation (towel curls, marble pick ups)

Initiate Proprioceptive Ex (Rhythmic stab, PNF, BAPS etc OKC=>CKC)

Begin strengthening-isometrics all planes => theraband exercises/OKC =>CKC strengthening

Begin pool program when incisions are healed

Advance stationary bike, may begin treadmill walking and elliptical as tolerated

Begin CKC calf strengthening, (seated=>standing, bilateral =>unilateral)

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

Phase 3 – Advanced Strengthening and Proprioceptive Phase

Week 4-6

Continue end range stretching in all planes

Progressive Proprioceptive Training-SL dynamic training

Progressive CKC strengthening –heel raises, lunges, squats

Run-Walk Program as tolerated

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 4 – Return to Sport

Week 6-8

Progressive Running Program

Sport cord training

Progressive Agility and Plyometric Training

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

Return to Activities

Running

Between weeks 4-6 when functional criteria met

Golf

Between weeks 3-5 when functional criteria met

Pivoting/cutting sport

Between weeks 6-8 when functional criteria met

Surgeon Comments: