

THE ROBERT JONES AND AGNES HUNT ORTHOPAEDIC HOSPITAL FOUNDATION NHS TRUST

REHABILITATION *GUIDE* FOLLOWING MICROFRACTURE TO THE ANKLE

(This is not an exhaustive list of all rehabilitative techniques or therapies and this should not over rule any clinical judgement)

WEEK	RANGE OF MOVEMENT	MOBILITY	REHABILITATION EXERCISES	GOALS
Day 0 – 7	No limit to passive movement.	TWB-PWB with E.C.	SQ/SLR/Calf/ Glut --> circ. ex. Cryotherapy if appropriate. All ankle ROM exercises in NWB position.	<ul style="list-style-type: none"> • Good understanding of post-operative rehabilitation. • No complications following surgery. • Promote distal circulation.
From Week 1	No limit to NWB and PWB active movement.		Passive physiological ROM mobilisations foot and ankle. Active Quads/ Hams. Active Add./ Abductors, adding resistance as tolerated. Early Proprioception (e.g. joint placing). Upper body exercises. Contra lateral leg exercises. Flexibility. Rest in elevation when not mobilising or exercising.	<ul style="list-style-type: none"> • Alleviate pain and swelling. • Encourage patient compliance.
From Week 3			Passive physiological and accessory ROM mobilisations foot and ankle Active F/E/Inv/Ev as tolerated Progress above PWB CKC exercises, mini-squats, low step ups/downs.	<ul style="list-style-type: none"> • Good co-contractive muscle control. • Pain free. • Reduce effusion. • Prevent scar adherence. • Prevent joint stiffness.

			Hydrotherapy Add resistance as tolerated and indicated for specific sport/ activities Specific soft tissue/ Scar massage if indicated	
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WEEK	RANGE OF MOVEMENT	MOBILITY	REHABILITATION EXERCISES	GOALS
From Week 6		Progress to FWB	Increase resistances. Progress proprioceptive exercises. Introduce low intensity and low volume plyometrics, e.g. PWB in parallel bars or in hydrotherapy pool → progress load as clinical judgement suggests.	<ul style="list-style-type: none"> Promote independent gait. Reduce pain. Avoid mechanical symptoms. Good biomechanical and dynamic control. Promote appropriate muscle strength/power and endurance. Improve proprioception. Maintain/improve cardiovascular fitness.
From Month 2			Specific strength and endurance exercise days. Progress plyometric training. Gradually progress straight line jogging → running on sprung surface.	<ul style="list-style-type: none"> No altered jogging pattern (limp) with respect to fatigue. No effusion. No pain. No mechanical symptoms.
From Month 3			Agility training. Sport specific exercises and drills.	<ul style="list-style-type: none"> Prepare physical and psychological ability for



				complete return to unrestricted function.
From Month 4 - Onwards			Return to sport when adequate strength, flexibility, Proprioception, endurance and power is gained for individual activity.	<ul style="list-style-type: none">• Unrestricted confident function.