

## Ankle Arthroscopy Microfracture Protocol

	<b>Weight Bearing</b>	<b>Range of Motion</b>	<b>Therapeutic Exercise</b>
<b>Phase 1 0-4 weeks</b>	Non weight bearing	Focus on full range as tolerated. Active motion as often as possible, at least 5 times per day	Ankle alphabets 5 times per day
<b>Phase 2 4-8 weeks</b>	Increase weight bearing by 25% of body weight each week	As above	As above, may begin stationary bike without resistance at 6 weeks.
<b>Phase 3 8-12 weeks</b>	Full, without use of crutches when gait pattern normalized	Progress to full and pain-free ROM	Begin ankle strengthening exercises with Therabands, stationary bike, and proprioceptive therapy, jogging as tolerated.
<b>Phase 4 12 weeks +</b>	Full	Full and Pain Free	Progress to normal sport specific activities: forward/backward running, cutting, agility, shuttles