

**THE ROBERT JONES AND AGNES HUNT ORTHOPAEDIC AND DISTRICT 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.	<ul style="list-style-type: none"> <li>• Good understanding of post-operative rehabilitation.</li> <li>• No complications following surgery.</li> <li>• Promote distal circulation.</li> </ul>
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"> <li>• Alleviate pain and swelling.</li> <li>• Encourage patient compliance.</li> </ul>
From Week 3			Passive physiological and accessory ROM mobilisations foot and ankle Progress above PWB CKC exercises, mini-squats, low step ups/downs. Hydrotherapy Add resistance as tolerated and indicated for specific sport/ activities Specific soft tissue/ Scar massage if indicated	<ul style="list-style-type: none"> <li>• Good co-contracting muscle control.</li> <li>• Pain free.</li> <li>• Reduce effusion.</li> <li>• Prevent scar adherence.</li> <li>• Prevent joint stiffness.</li> </ul>

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"> <li>Promote independent gait.</li> <li>Reduce pain.</li> <li>Avoid mechanical symptoms.</li> <li>Good biomechanical and dynamic control.</li> <li>Promote appropriate muscle strength/power and endurance.</li> <li>Improve proprioception.</li> <li>Maintain/improve cardiovascular fitness.</li> </ul>
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"> <li>No altered jogging pattern (limp) with respect to fatigue.</li> <li>No effusion.</li> <li>No pain.</li> <li>No mechanical symptoms.</li> </ul>
From Month 3			Agility training. Sport specific exercises and drills.	<ul style="list-style-type: none"> <li>Prepare physical and psychological ability for complete return to unrestricted function.</li> </ul>
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"> <li>Unrestricted confident function.</li> </ul>