

Ankle Rehab protocol after Regenxx Osteoarthritis with bone augmentation procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Week 0-2	<p>Use crutches for 1 week for touch down weight bearing (foot can touch ground for balance but not weight).</p> <p>Week 2 use crutches for partial weight bearing (start 50% of weight and gradual increase to 100%).</p>	<p>Passive and active ROM exercises: ankle pumps, alphabets, toe curls 2-3x daily</p> <p>Beginning day 7: If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 3 months.</p> <p>Core stabilization, non-weight bearing hip and knee muscle strengthening.</p>	<p>At least 2 weeks and</p> <p>Can weight bear with no more than minimal 2/10 pain.</p>
Phase II: Minimal Protection Mobility and light resistance training Week 2- week 8	<p>Bracing may or may not be recommended by MD for 4-8 wks.</p> <p>Avoid any activity that causes more than mild 2/10 pain during or after the activity.</p>	<p>Continue pool therapy x 3 months</p> <p>Isometric strengthening to isotonic strengthening</p> <p>Then body weight only toe raises, heel raises, squats lunges.</p> <p>Progress to walking on flat surfaces for exercise.</p> <p>2 feet balance training.</p>	<p>Can walk for exercise with no more than 2/10 pain for 1 week.</p>
Phase III: Advanced Resistance Strengthening / Week 3 - 12	<p>Avoid any activity that causes more than mild 2/10 pain during or after the activity.</p>	<p>Proprioceptive, agility and coordination training.</p> <p>Single leg balance training</p> <p>Weight shifts, step-ups, balance boards</p> <p>Progress to faster walking, hills, stair training, jogging if able</p>	<p>Can perform exercises with no more than 2/10 pain x 1 week.</p>
Phase IV: Return to Sport/Activity Week 4 - 16	<p>No strict restrictions.</p> <p>Brace only as needed.</p>	<p>Gradual return to full Functional activity.</p> <p>Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, and postural restoration.</p>	<p>Return to phase III if more than 2/10 pain with most exercises or activities.</p>