



Austin Cole, MD

Ankle Subchondroplasty

Post-Operative Protocol

Week 0-1

Postoperative splint

Non-weight bearing in splint, crutches only, no scooter use

Week 2

- Transition into boot, WBAT
- Progress to full ROM
- Closed chain strengthening exercises for ankle, lower extremity
 - 4 way resisted ankle
- Proprioception exercises
 - Begin on stable surfaces, progress to varied surfaces as able

Week 3-4

- Wean from boot into tennis shoe
- Begin return to sport progression as tolerated at 4 weeks