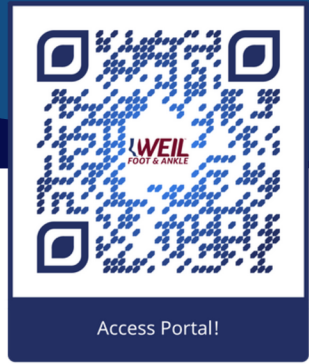


Arthroscopy/OCD Post-Op



General Information:

- This protocol provides you with general guidelines after surgery.
- Specific changes in the program will be made by your physician as appropriate for each individual patient.
- Everyone heals at a different rate. It may take up to 12 months to make a full recovery, and it is not unusual to have intermittent aches, pains, and swelling throughout the course of your rehabilitation process.

Instructions For Patients:

- **0-2 weeks Postoperatively**
 - Strict non-weightbearing in a short leg sprint
- **2-4 weeks Postoperatively**
 - Non-weightbearing in CAM boot
 - You may remove the boot while in a seated, protected, position and begin to move your ankle up and down (ankle pumps).
 - Wear the boot while sleeping.
 - Begin physical therapy.
- **4-8 weeks Postoperatively**
 - Transition to a lace-up ankle brace with supportive athletic shoes and custom orthotics.
 - You may begin driving.
- **Exercise**
 - Non-weightbearing exercising at 2 weeks post-op.
 - Gentle transition into weightbearing exercises at 6 weeks post-op.
 - Gentle running and higher impact activities at 16 weeks post-op.
 - Use a lace-up ankle brace for any cutting sports or uneven surfaces for 6 months following your surgery.
 - Once you can come up and down on your toes (single heel rise) on the surgical side, or you can hop on the surgical foot (single leg hop), you may return to sports and all activities. This may take 6 months to a year.

Please note: The complexity of ankle arthroscopy and/or repair of osteochondral lesion is variable from patient to patient. When surgery is accompanied by additional surgery, recovery may be quite prolonged with extended swelling. In the revision situation, this may be further magnified. Discuss individual recovery with your surgeon for realistic expectations.



Dr. Jonathan Hook