



ANKLE ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

You are recovering from arthroscopic ankle surgery.

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your foot elevated for the next few days. Please remain non-weight bearing until seen in the office. You may place your foot on the ground for balance only.
2. You may change your dressing on the third postoperative day. Keep a bandage on your incision sites until seen in follow-up.
3. Post-operative bleeding is not unusual. Reinforce dressing as needed. If you have concerns about the amount of bleeding, please call.
4. Use cold therapy unit on your foot for the first 48 hours post-op as possible. Suggested icing is 20 minutes on followed by 20 minutes off to avoid complications. Use it thereafter for symptomatic relief.
5. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
6. Post-operative pain is common but should be controlled by the prescriptions given to you.
7. You will be seen in follow-up in the next week. Please call our office listed below if you have any questions or concerns.



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Heel-Leg Prop

Elevate your leg by placing a cushion underneath your lower leg or heel as shown. Do this 4-8 times per day for 15-20 minutes. You may also sleep with your leg elevated.



Quad Set

Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on top of. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.



Straight Leg Raise - Flexion

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



Straight Leg Raise - Adduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



Straight Leg Raise - Abduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



Straight Leg Raise - Extension

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



Calf Stretch

Using a towel or a belt, gently stretch your calf muscles as pictured. Keep your knee straight. Hold the stretch for 20-30 seconds. Repeat 4-6 times per day.