



ANKLE ARTHROSCOPY AND OSTEOCHONDRITIS DISSECANS FIXATION/DRILLING 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 leg elevated for the next few days.
2. Keep your dressing on for the first three days after surgery; after that you may change the dressing if you wish. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. Keep the wounds dry until your first visit after surgery. 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 the office.
4. Use your cold therapy unit as directed until you are seen in the office.
5. You may begin the exercise on page two. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.
6. Do not bear weight on the operative leg until seen in the office for follow-up using your crutches for ambulation.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen in follow-up within a week. Please call your doctor's office listed below if you have any questions or concerns.

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POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE**



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.