

Ankle Rehab after Regenexx Osteoarthritis procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Day 0-3	A brace may or may not be recommended by MD for 4-8 wks.	Passive and active ROM exercises: ankle pumps, alphabets, toe curls 2-3x daily Beginning day 3: If access to a pool; Deep Water emersion exercises: Walking or jogging in pool j(chest depth) 30-45min 3-5x/wk x 2 months. Core stabilization, non-weight bearing hip and knee muscle strengthening.	At least 1 week. Can weight bear with minimal pain 2/10.
Phase II: Minimal Protection Mobility and light resistance training Week 1- week 6	Continue brace per MD recs. Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Continue pool therapy x 2 months Isometric strengthening to isotonic strengthening Then body weight only toe raises, heel raises, squats lunges. Progress to walking on flat surfaces for exercise. 2 feet balance training.	Can walk for exercise with no more than 2/10 pain for 1 week.
Phase III: Advanced Resistance Strengthening / Week 2 - 8	Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Proprioceptive, agility and coordination training. Single leg balance training Weight shifts, step-ups, balance boards Progress to faster walking, hills, stair training, jogging if able	Can perform exercises with no more than 2/10 pain x 1 week.
Phase IV: Return to Sport/Activity Week 3 - 16	No strict restrictions. Brace only as needed.	Gradual return to full Functional activity. Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, and postural restoration.	Return to phase III if more than 2/10 pain with most exercises or activities.