
ORTHOPEDIC ASSOCIATES

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Ankle OCD Microfracture Rehabilitation Protocol Christian K. Kikuchi, MD

Phase 1 (weeks 0-2)

- Non weight bearing in post operative splint
- Utilize crutches
- Elevate leg to minimize post operative swelling

Phase 2 (weeks 2-4)

- Sutures removed
- Non weightbearing in removable tall boot
- Begin ankle range of motion exercises
 - Home exercises only – dorsiflexion and plantarflexion only

Phase 3 (weeks 4-6)

- Initiate weightbearing in removable boot
- Goal is full weightbearing by week 6
- Initiate outpatient physical therapy
- Begin active and passive range of motion exercises in dorsiflexion / plantar flexion only
- No eversion / inversion exercises

Phase 4 (weeks 6-12)

- Transition to lace up ankle brace after full weightbearing in boot
- Initiate eversion / inversion exercises
- Begin proprioceptive training
- Begin strengthening exercises
- No running / jogging / lateral training
- Cleared for nonimpact exercises – swimming / stationary bicycle

Phase 5 (weeks 12+)

- Begin light jogging / lateral training
- Begin running / sprinting / cutting activities at 4 months post op for small lesions, 6 months post op for large lesions (ask MD)