Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

Ankle Arthroscopy with or w/o Talus
OCD Microfracture Rehab Protocol
Prescription

Patient Name:
 Date:

Diagnosis: Ankle synovitis talar OCD lesion
 Frequency: 2-3 visits/week Duration:
3 months

Progress lateral agility exercises and
advanced agility drills
Functional activity/sports-specific training
Phase out supervised rehab
Advance home strengthening program to
be done daily
Encourage maintenance gym work-outs
focusing on ankle stabilization, core and hip
strengthening
Criteria for Return to Sports/Full Activities:
1. Full functional range of motion
2. No pain or swelling with functional
activities
3. Good core control and
balance/proprioception