

Hyalofast® - Ankle

Recommended rehabilitation guidelines

	Phase I Weeks 0-8	Phase II Weeks 6-15	Phase III From weeks 16 on
Mobilisation	Elastic bandage for 24 hours. CPM starting next day and increasing by 2h/day up to 6-8 h/day. From week 2: Exercise in pool. From week 3: Exercise bike, easy setting.	From week 6: Exercise bike set at increasing resistance. From week 10: Walking training begun.	From week 16: Treadmill running started.
Joint loading	Walking with shear load (20-30%) using crutches for 4-5 weeks.	From week 6: Progressive partial load. From week 8: Complete load. From week 12: Loading with increasing impact.	Joint load simulating daily/sporting activities performed by patient.
Muscle strengthening	Isometric exercise with load, Electrotherapy. From week 2: Muscle strengthening in pool.	Muscle strengthening in pool. From week 6: - Exercise bike; - Low-load manual contrast exercises; - Exercises with elastic resistance device. From week 12: Isokinetic exercises.	Dynamic exercises, of high intensity and duration.
Proprioception	From week 2: Proprioceptive exercises without load.	From week 8: Proprioceptive exercises with load first on both feet and then on one.	Dynamic exercises, of high intensity and duration.
Working/sports activities		From 3rd month: Low functional impact working activities. Outdoor cycling. Stairs.	From 4th month: Treadmill jogging. Return to intense working activity. Aerobic training. From 6th month: Grass running. Progressive sports-specific rehabilitation. Return to low-impact sports. From 10th-12th month: Return to high-impact sports (football, tennis).