

Physical Therapy Interventions for Stiff Knee and Ankle

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Initial Evaluation

- ▶ The sooner we see patients, the better they respond to treatment!
- ▶ Opportunity to gain insight on patient—predictions of how well they'll do
- ▶ Screen
 - ▶ Medical chart review and physical/visual
- ▶ Patient education

Initial Evaluation cont...

- ▶ Make sure patient is using equipment correctly, and that they are using the proper equipment best suited for their needs
- ▶ Gait training/transfer training
- ▶ ROM measurements
- ▶ Functional Outcome Measures
- ▶ Goal setting

Physical Therapy Interventions for the Stiff Ankle

- ▶ Pilon fracture
- ▶ Medial/Lateral malleolus fracture
- ▶ Bi-malleolar fracture
- ▶ Tri-malleolar fracture
- ▶ Ankle sprains

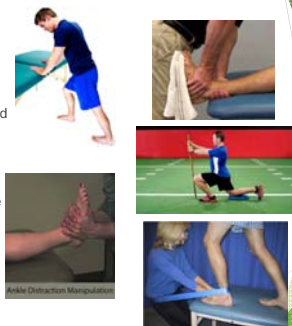
Treatment: Protection Phase

- PROM/AROM
- Manual therapy
 - Grades I-II neurophysiocal response
- Soft tissue mobilization
- Edema control
- Stretching
- Self mobilizations
- Strengthening
- General conditioning program



Treatment: Functional Phase

- Progress gait training as WB'ing precautions are lifted
- WB'ing stretches
- Joint mobilizations
 - Progress to grades III-V for mechanical response
- MWM
- ¼ kneeling DF stretch



Exercises to Reinforce Mobility

- Part task gait training
- Step over
- Step up forward/lateral
- Step down
- Countersquats → wall slides
- Lunge matrix
- Calf raises/toe raises
- Heel/toe walking
- Theraband exercises

Physical Therapy Interventions for the Stiff Knee

- ▶ Tibial plateau fracture
- ▶ Distal femur fracture

Treatment: Protection Phase

- NWB/PWB per protocol
- PROM/AROM
- Soft tissue mobilization
- Manual therapy
 - Grades I-II for neurophysiological response
- Edema Control
- Stretches
- Self mobilizations
- Strengthening
- General conditioning program


Treatment: Functional Phase

- Progress gait training as WB'ing precautions are lifted
- WB'ing stretches
- Joint mobilizations
 - Progress to grades III-V for mechanical change
- MWM



Exercises to Reinforce Mobility

- Part task gait training
- Step over forward/lateral
- Step up forward/lateral
- Step down
- Countersquats → wall slides
- Sit to stand (eccentric/concentric)
- Lunges



Conclusion

- ▶ Other considerations:
 - ▶ Trigger point dry needling (TDN)
 - ▶ AlterG
 - ▶ ERM
- ▶ Work towards restoring/returning patient to PLOF
- ▶ Return to work criteria

References

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