ANKLE CARTILAGE REPAIR WITH OSTEOOTOMY REHAB PROTOCOL

PHASE 1: NWB (0-4 weeks)

PRECAUTIONS:
• NWB for 4 weeks.
• Patient is placed in a removable boot 5-7 days post-op

GOALS:
• ROM
• Cross-Training
• Edema Control

EXERCISES/ACTIVITIES:
• No/Low Resistance Bike
• Toe Crunches
• SLR
• Quad, Glut, Ham, Calf Sets
• TA Training
• More aggressive ROM can begin around 2 weeks (after removing sutures)

NOTES:
Osteotomy usually heals in 4 weeks. Wait for MD approval to progress WB (radiographs)1

PHASE 2.1: PWB (4-8 weeks)

PRECAUTIONS:

GOALS:

EXERCISES/ACTIVITIES:
• Unloaded Treadmill
• Stationary Bike

PHASE 2.2: WBAT, weaning off crutches (8-12 weeks)

GOALS:
• Normalized Gait Pattern
• Wean off Assistive Device
• Full WB

EXERCISES/ACTIVITIES:

PHASE 3: Sports Specific

GOALS:
• Initiate sports specific activities after MD verified that cartilage has healed

EXERCISES/ACTIVITIES:

NOTES:
• Return to running on average 6 months after the surgery1.
• Might need a “second look” arthroscopy for high level athletes returning to competitive sports

REFERENCES:
1 Vermillion et al. The Use of Human Recombinant Bone Morphogenetic Protein-2 to Repair Osteochondral Lesions of the Talus in Active Duty Soldiers: A Preliminary Clinical Trial.