



ANKLE CARTILAGE REPAIR WITH OSTEOTOMY REHAB PROTOCOL

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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:

¹Vermillion 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.*