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## **ANKLE CARTILAGE REPAIR WITH OSTEOTOMY 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: PWB (4-8 weeks) Precautions: Goals: Exercises/Activities:**

- Unloaded treadmill
- Stationary bike

### **Phase 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

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### **Exercises/Activities:**

#### **Notes:**

- Return to running on average 6 months after the surgery (1).
- Might need a “second look” arthroscopy for high level athletes returning to competitive sports.