

## Rehabilitation Protocol: Osteochondral Allograft Talus with Medial Malleolar Osteotomy

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Phase I (Weeks 1-2)

- **Goals**

- Control pain and swelling
- ADL (activities of daily living)

- **Guidelines**

- NWB (non-weight bearing)
- Elevate to control swelling
- AROM hip and knee
- Sutures dissolved/removed @ 10-14 days
- ADL

### Phase II (Weeks 3-6)

- **Goals**

- Normal gait

- **Guidelines**

- NWB for a total of 4-6 weeks (depending on discretion of surgeon)
- Begin physical therapy at week 3
- Start ankle AROM (active range of motion)/PROM (passive range of motion)

### Phase III (Weeks 6-10)

- **Goals**

- Full ROM (range of motion)
- Full strength and endurance
- Good proprioception

- **Guidelines**

- Wean from boot as tolerated
- Massage for edema
- AROM in all directions
  - NWB
  - WB ROM as tolerated
- Gait retraining
- Manual mobilization if required
- Strengthening
  - Ankle
    - Theraband resisted training in all directions
    - Progress to WB exercises as tolerated
    - Toe raises
    - Inversion/eversion on wobble board or fitter

- Proprioception retraining
- Dynamic training
  - Hopping
  - Skipping
  - Running
- Progress to plyometrics

**Phase IV (Week 10+)**

- **Goals**
  - Return to work and/or activity
- **Guidelines**
  - Full activity as tolerated
  - Work or sport specific retraining

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_