



Austin Cole, MD

Kidner Procedure

Post-Operative Protocol

Weeks 0-2

Postoperative splint

NWB with crutches only, no scooter use

Weeks 2-6

Sort leg cast

Non-weight bearing in pneumatic walking boot

- May use knee scooter pending MD approval

Open kinetic chain exercises

6-8 Weeks

Begin PT

WBAT in boot

Goals:

- Progress ankle ROM and strength
 - 4 way resisted ankle
- Closed kinetic chain exercises in boot

8-10 Weeks

Transition from boot to shoe

Begin dynamic and proprioceptive/balance activities

Avoid high impact activity

Complete preliminary functional test at 10 weeks

10 weeks +

Progress toward sport specific activity

- Initiate straight line jogging
- Basic ladder series
- Plyometric box jump progression
- Gym strengthening

Compete full functional test at 16 weeks