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
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:** ________________________________