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**REHAB PROTOCOL: Osteochondral Allograft Talus with Medial Malleolar Osteotomy**

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

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

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

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

**Phase I (Weeks 1-2)**

**• Goals**

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

**• Guidelines**

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

**Phase II (Weeks 3-6)**

**• Goals**

- o Normal gait

**• Guidelines**

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

**Phase III (Weeks 6-10)**

**• Goals**

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

**• Guidelines**

- o Wean from boot as tolerated
- o Massage for edema
- o AROM in all directions
  - NWB

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- WB ROM as tolerated
- o Gait retraining
- o Manual mobilization if required
- o Strengthening
  - Ankle
    - Theraband resisted training in all directions
    - Progress to WB exercises as tolerated
    - Toe raises
    - Inversion/eversion on wobble board or fitter
- o Proprioception retraining
- o Dynamic training
  - Hopping
  - Skipping
  - Running
- o Progress to plyometrics

**Phase IV (Week 10 and Beyond)**

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

**Comments:**

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

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

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

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