

Orthopaedic Research Clinic of Alaska (ORCA)

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

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.

References:

- (1) Vermillion et al. *The Use of Human Recombinant Bone Morphogenetic Protein-2 to Repair Osteochondral Lesions of the Talus in Active Duty Soldiers: A Preliminary Clinical Trial.*