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**KIDNER PROCEDURE Post-Operative Protocol**

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**Weeks 0-2**

Postoperative splint

NWB with crutches only, no scooter use

**Weeks 2-4**

Short leg cast

**Weeks 4-6**

Non-weight bearing in pneumatic walking boot

Open kinetic chain exercises

**6-10 Weeks**

Begin PT

WBAT in boot

Goals:

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

**10-12 Weeks**

Transition from boot to shoe with orthotic with a medial post

Begin dynamic and proprioceptive/balance activities

Avoid high impact activity

Complete preliminary functional test at 12 weeks

**12 Weeks+**

Progress toward sport specific activity

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

Compete full functional test at 16-18 weeks

Questions? Please call Family & Friends Orthopedics at 254-595-3698