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# Megan R. Wolf, MD

## Sports Medicine/Foot & Ankle

### Kidner Procedure Post-Operative Protocol

**0-2 Weeks**

NWB in post-operative splint  
 No scooter use

**2-6 Weeks**

NWB in short leg cast  
 Okay to begin scooter use

**6-8 Weeks**

Progress to full weight bearing in boot  
 Begin CKC activity

**8-10 Weeks**

Transition from boot to shoe  
 Begin dynamic and proprioceptive activities

**10 weeks +**

Progress toward sport specific activity

Revised \*\*\*