

Megan R. Wolf, MD Sports Medicine

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 ***

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