

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 ***