Connecticut Orthopaedics

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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 ***