Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Subchondroplasty of Ankle
Post-Operative Protocol

Week 0-1

- Non-weight bearing in splint, crutches only
- Post-operative splint (NO scooter use)

Week 2

- Transition into boot, WBAT
- No ROM restrictions
- CKC exercises
- Proprioception exercises

Week 3-4

- Wean from boot into shoe
- Begin return to sport progression as tolerated

Revised ***