

BUNIONECTOMY REHABILITATION PROTOCOL

Weight Bearing:

- Non-weight bearing for 2 weeks (Chevron) or 3 weeks (midshaft osteotomy)
- Partial Weight bearing in boot 3rd week (Chevron) or 4th week (midshaft)
- Weight bearing as pain allows after 4th week (Chevron) or 5th week (midshaft)
- Transition into supportive shoe with wide toe box. Full weight bearing.

Toe Bracing:

- Week 1-2: Keep operative bandage in place.
- Week 3-4: Use foam toe spacer at all times including showers.
- Week 5-8: Use toe spacer or neoprene sleeve at all times. Remove for showers.
- Week 9-12: Wear toe spacer or neoprene sleeve for sleep.

Strength and Motion:

6 Weeks: Begin passive and active DF/PF of 1st MP joint.

- Intrinsic Mobilization and Strength
- Ankle Proprioception
- Stationary Bike

8 Weeks:

- Global Ankle Strength
- Elliptical
- **12 Weeks:**
- Progressive Open chain ankle and foot stresses
- Outdoor Biking
- Evaluate and correct walking gait abnormalities

16 Weeks:

- Slow progress to in-line running and impact conditioning.
- Eventually work on cutting/rotational control if personal activities warrant.

Home Exercise Program: Transition to home program when appropriate.

NOTE: The rate that healing occurs differs between people. This protocol may be enhanced or delayed depending on radiographs, pain, and swelling. Please lessen activities which cause pain and swelling.

