



REHABILITATION GUIDELINES FOR KIDNER PROCEDURE (ACCESSORY NAVICULAR EXCISION)

PHASE I (0-6 WEEKS POST-OP)

DATES:

Appointments	MD appointment at (7-10 days post-op) Begin physical therapy (5-7 days post-op 1-2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Pain and Edema control • Prevent scar tissue • Early AROM except no eversion x 6 weeks
Precautions	<ul style="list-style-type: none"> • NWB x 6 weeks with cast • AROM ankle all planes except no eversion AROM x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Toe ROM • Foot intrinsic strength seated in open chain • AROM ankle except no eversion x 6 weeks • Seated Calf raises x 6 weeks • Gastroc/Soleus stretching NWB positions
Cardiovascular Exercises	<ul style="list-style-type: none"> • UBE
Progression Criteria	<ul style="list-style-type: none"> • Pain and swelling controlled • Gait with CAM boot and no crutches x 6 weeks

PHASE II (6-8 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Slow progression to FWB • Gain full ankle AROM in all planes
Precautions	

	<ul style="list-style-type: none"> • .PWB progressing to WBAT with CAM boot and arch support • No resistance to eversion x 8 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • 3-way ankle resistance with band (no eversion x 8 weeks) • Mini-squats, lunges • Total gym progressing to step up/down • Bilateral balance and proprioception activities • Continue foot intrinsic strength now in weight bearing • Standing BAPS
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary Bike • Aquatic walking (no swimming x 8-10 weeks)
Progression Criteria	<ul style="list-style-type: none"> • Pain free AROM • Normal gait pattern in supportive shoes

PHASE III (8-12 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Normal gait pattern on level terrain • Balance and strength on involved LE • Normal LE mechanics during functional movements on involved LE
Precautions	<ul style="list-style-type: none"> • Normalize gait pattern with supportive shoes and arch support • No running x 12 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Initiate resistance to eversion with bands • Balance and proprioception progressing towards single leg • Leg press, deep squats/lunges • Continue with foot intrinsic in weight bearing functional activities • Initiate lateral movements
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary Bike • Swimming x 10 weeks • Walking on even surfaces
Progression Criteria	<ul style="list-style-type: none"> • Pain free stairs, walking, functional movements

PHASE IV (12-18 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (1-2 x per week or PRN)
Rehabilitation Goals	<ul style="list-style-type: none"> • Return to full activity • Slow return to sports
Precautions	<ul style="list-style-type: none"> • Sports only after Return to Sport test given
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Continue with single leg balance, proprioception • Progressing of low velocity to high velocity agility training • Single leg eccentric strength on involved LE • Plyometric training
Cardiovascular Exercises	<ul style="list-style-type: none"> • Slow progression towards running • Walking/hiking on uneven surfaces
Progression Criteria	<ul style="list-style-type: none"> • Pass of Return to Sport • Pain free ADL's and work duties

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