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.

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