



# Mid-America Orthopedics

**Dr. John Babb**

12112 W. Kellogg, Wichita, KS 67235 – (316) 630-9300

## **KIDNER (ACCESSORY NAVICULAR) PROCEDURE PROTOCOL**

### **Day 1-41 post op**

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- **NO formal PT until 6 weeks post-op**

### **6-8 Weeks Post-op**

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- **Ambulation:**
  - WBAT in CAM walker
  - Progress to FWB at 7 weeks post op
- **ROM:**
  - Progress AROM & PROM to full as tolerated
  - Talocrural and subtalar joint mobilizations as needed
- **Strengthening:**
  - Ankle 4 ways (use caution with ankle inversion and eversion exercises)
  - Toe curls
  - Progress overall LE strengthening in OKC

### **8-10 Weeks Post-op**

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- **Ambulation:**
  - CAM walker until 10 weeks post op then transition to corset brace
  - Restore normal gait pattern
- **ROM:**
  - Full AROM & PROM
  - Continue Talocrural and subtalar joint mobilizations as needed
- **Strengthening:**
  - Progress LE strengthening in both OKC & CKC
  - Total Gym / Vigor Gym squats
  - Stationary Bike
- **Balance:**
  - Begin balance & proprioceptive training

### **10-12 Weeks Post-op**

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- **Brace:** corset brace
- Continue progression of LE strengthening & proprioceptive drills in preparation for in-line jogging progression

- Pt. to be fitted with arch support at 10 weeks post-op.

### **3 Months Post-op**

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- **Straight ahead running**
  - Start with 100 yds at half speed on soft level surface
  - Add 100 yds every other day
  - Work up to 1 mile or 1760 yds
- **Strengthening:** Initiate sports/activity specific strengthening
  - Pt. should have full 5/5 hip strength and 5/5 ankle strength in neutral and plantarflexed position.
  - Low-level plyometrics: stationary jumps, hops, skipping rope. Refer also to MAO plyometric program
  - Return to running drills focusing on gait mechanics without compensations or significant DOMS (see above)
  - Movement control exercises: progress from low-velocity, single-plane to higher velocity, multi-plane activities.
  - Sport-specific training

### **4 Months Post-op**

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- Advance previous sport-specific, balance, and strengthening activities
- Possible return to sport after clearance from Dr. Babb.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.