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### Bunionectomy Protocol

<b>Timeline</b>	<b>Goals/Milestones</b>	<b>Activity/Weight Bearing</b>	<b>Bracing</b>
Week 1	-Swelling and pain management	-Weight bearing as tolerated in boot only	-CAM boot
Week 2-3	-Swelling and pain management -Sutures/staples removed at 2 <sup>nd</sup> post-operative appointment -Start gentle ankle range of motion exercises	-Weight bearing as tolerated in boot only	-CAM boot
Week 4-6	-Start big toe joint stretching/ROM exercises -Continue taping big toe as instructed -Start knee high compression socks	-Weight bearing as tolerated in boot only -Week 5: transition into regular shoe	-Regular shoe -CAM boot as needed
Week 7-16	-Continue knee high compression socks	-Gradually start increasing walking	-Regular shoe
Week 16-24	-Increase to full activities of daily living without restrictions	-Weight bearing as tolerated in regular shoe	-Regular shoe