



ROSENBERG COOLEY METCALF  
THE ORTHOPEDIC CLINIC AT PARK CITY

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**Bunionectomy**  
**Post-Operative Protocol**

**Phase I – Maximum Protection (weeks 0-6)**

- 0-4 weeks protected WB in boot
- 4-6 weeks WBAT in boot
- Straight leg raise program to maintain hip, quadriceps and hamstring strength
- Core strengthening

**Phase II – ROM, balance training and strengthening (6-12 weeks)**

- Wean out of boot at six weeks into a supportive shoe
- Begin passive and active DF/PF of the first MTP
- Intrinsic foot strengthening
- Ankle strengthening
- Proprioception training
- Stationary bike at 6 weeks
- Elliptical at 8 weeks

**Phase III – Progressive strengthening and Return to activity (3-6 months)**

- Advance Strength and balance training
- Outdoor biking
- Gradually work back into linear running and impact activity. Progress to full activity will happen gradually between 3-6 months post-surgically.
- Gradually progress to rotational activity at 4 months.
- Walking and running mechanics need to be closely evaluated and potentially corrected by your physical therapist.