

Ankle Modified Brostrom Rehabilitation Protocol

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POST-OP DAYS 1 – 10

- L & U Splint / SLC
- Crutches – non weight bearing (NWB)
- AROM hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4 directions
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – Hamstring, quads, ITB, Hip flexors
- Elevation

GOALS

- Pain management
- Prevent swelling

DAY 10 – WEEK 6

- High tide boot with double lateral heel wedge
- Crutches – flat foot weight bearing (FFWB) / partial weight bearing (PWB)
Progress to weight bearing as tolerated (WBAT)
D/C when gait is normal
- Isometrics x 4 directions
- UBE for aerobic conditioning
- Stationary bike
- Ice as needed

GOALS

- Minimize quad atrophy
- Minimize deconditioning

WEEKS 6 – 10

- Transition to ankle brace
- Continue appropriate previous and following exercises without brace
- Scar massage/mobilization with oil/cream
- Ankle active range of motion (AROM) – Calf pumping, alphabet, rotations
- Light Theraband ex x 4 directions
- Towel crunches and side-to-side
- Seated BAPS
- Mini-squats, Wall squats, Total gym
- Elliptical trainer
- Gastroc/Soleus Stretching

GOALS

- Normal gait
- Full DF / PF

WEEKS 10 – 12

- Continue ankle brace as needed and continue appropriate previous exercises
- Strengthening ex, emphasize lateral ankle mm
 - Theraband with increasing resistance
- Steamboats (Theraband x 4 directions while standing on involved LE)
- Double leg heel raises – Emphasize involved side
- Leg press, knee ext, HS curl, hip weight machines
- Forward, retro and lateral step downs
- Proprioception ex – Double leg BAPS
- Treadmill – Walking progression program
- Stairmaster
- Pool therapy

GOALS

- Symmetrical ROM
- Walk 2 miles at 15 min/mile pace

MONTHS 3 – 4

- D/C brace
- Continue appropriate previous exercises
- Single leg heel raises
- Proprioception ex – Single leg BAPS, ball toss, body blade

- Fitter, slide board
- Treadmill – Running progression program

GOALS

- Normal strength
- Run 2 miles at easy pace

MONTHS 4 – 6

- Continue appropriate previous exercises
- Push-up progression
- Sit-up progression
- Continue running progression program to track and hard surfaces
- Agility drills / Plyometrics
- Transition to home / gym program

GOAL

- Return to all activities