
ANKLE MODIFIED BRÖSTROM REPAIR POST-SURGICAL REHABILITATION PROTOCOL

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

- Short leg walking cast (SLWC)
- 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

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- 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
 - Elgin
- 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

****NO SPORTS UNTIL ABLE TO SPRINT FIGURE 8'S AT FULL SPEED WITHOUT PAIN****