



## **Ankle ligament reconstruction (Brostrom) postoperative protocol**

### **0 - 3 WEEKS:**

- Nonweightbearing for first 3 weeks
- Switch to walking boot at one week and start modalities for pain/edema control.
- Toe curls, toe spreads / extension, gentle foot movements in boot, hip and knee strengthening exercises.

### **3 - 6 WEEKS:**

- Progress to full weight bearing in walking boot.
- Isometrics in multiple planes and progress to active exercises in protected ranges.
- Proprioception exercises, intrinsic muscle strengthening, manual resisted exercises.
- Soft tissue treatments daily and regular mobilization of intermetatarsal and midtarsal joints. Cautious with subtalar mobilization.
- Cycling, aerobic machines in splint as tolerated.

### **6 - 12 WEEKS:**

- Aircast splint for day-to-day activities for 6-12 weeks post-op
- Gradually increase intensity of exercises focusing on closed-chain and balance / proprioception.
- Passive and active range of motion exercises into inversion and eversion cautiously.

### **3 - 6 MONTHS:**

- Progress back into athletics based upon functional status.
- Wear a lace-up ankle support for athletics.