



ADVANCED
ORTHOPAEDIC
SPECIALISTS



Brostrom with Internal Brace Rehab Protocol

Phase	Weight Bearing	Brace	ROM	Therapeutic Interventions
Phase I Weeks 0-2	WBAT; crutches initially for comfort but D/C ASAP	CAM walking boot with contralateral shoe lift (if needed) for best gait pattern	AROM toe flexion/extension; NO ANKLE INVERSION	Toe curls in boot, seated knee flexion/extension AROM, pain control modalities PRN
Phase II Weeks 2-4	WBAT; no crutches	CAM walking boot with contralateral shoe lift (if needed) for best gait pattern	AROM ankle PF/DF; NO ANKLE INVERSION	<u>Out-of-boot:</u> ankle pumps QID , towel scrunches, great toe flexion/extension/abduction, arch lifts <u>In-boot:</u> TKE, seated resisted HS curls, seated resisted knee extension, resisted 4 way hip
Phase III Weeks 4-6	WBAT	Wean from CAM boot to ASO brace	AROM/PROM ankle PF/DF/eversion; NO ANKLE INVERSION	Gait training with ASO, begin gentle stretching PF/DF/eversion, begin low load gastroc/soleus resistance, continue Phase II activities with resistance progression, <u>avoid gait deviations due to pain/fatigue</u>
Phase IV Weeks 6-8	WBAT	ASO brace for sporting activities, uneven/unstable surfaces, sporting activities	AROM all planes	Progress Phase III interventions, progress resisted hip strengthening, SL balance/proprioception training with static to dynamic progression using upper body, TRX/shuttle assisted activity, begin low impact agility training, <u>avoid gait deviations due to pain/fatigue</u>
Phase V Weeks 8-10	WBAT	ASO brace for high-impact activities only (i.e. basketball)	AROM all planes	Gait train without ASO, dynamic SL balance activities (BOSU, MOBO, AirEx), machine/free weight resistance training (leg press, squats, lunge, TRX suspended activity), prepare affected LE for running/jumping
Phase VI Weeks 10+	WBAT	Wean ASO brace completely	AROM all planes	Progress CKC DL/SL strength, agility/plyometric training for return to sport; begin isolated/resisted ankle inversion <u>Week 12:</u> cyclists return to clipless pedal systems <u>Week 14:</u> run & jump training