



Modified Brostrom with Internal Bracing Rehabilitation Protocol

*Discomfort and edema expected up to 6 months post-op due to ligament maturation

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
Phase I 0 - 2 weeks	FWB in boot with crutches	CAM walking boot Axillary crutches	No AROM/PROM at ankle	No Formal PT - wiggle toes Elevate operative limb Apply cryotherapy to ankle
Phase II 2 - 4 weeks	FWB in boot	CAM walking boot	AROM plantarflexion/dorsiflexion as tolerated out of boot	Towel scrunches with toe, LAQ Tabletop hip flex/ext/abd/add, prone HS curl, prone superman's, dead bugs
Phase III 4 - 6 weeks	FWB in ASO brace	ASO lace up brace	AROM/PROM plantarflexion/dorsiflexion/eversion Week 6: Start ankle inversion	Bike or elliptical (if tolerated) without boot Begin resistance training of ipsilateral knee/hip Promote gait symmetry and proper WB Pain < 3/10 for all activities
Phase IV 6 - 8 weeks	FWB	ASO brace for dynamic activities only	No ROM restrictions	Begin resistance training of ankle with bands/weights Double leg heel raises on flat surface SLS with ball toss and promote SL balance with external challenges Pain < 3/10 for all activities
Phase V 8- 10 weeks	FWB	ASO brace for high impact activities (i.e. basketball)	Full AROM	SL balance on unstable surface, agility ladder Begin multi-joint strengthening (i.e. lunges, squats with <i>proper form</i>) Introduce modified bodyweight hopping (i.e. supine shuttle, TotalGym)
Phase VI 10 + weeks	FWB	ASO brace as needed for pain with sport	Full AROM all planes	Introduce sport and work specific drills 14 weeks: running and jumping with <i>proper form</i>