

Ankle Ligament Reconstruction (Modified Brostrom): Post-op Protocol

Week 1-2: Leg in Posterior splint. Return in 7 days for wound check. Non-weight bearing keep leg elevated above heart as often as possible.

Week 2-4: Remove sutures at 14-21 days. Place in short leg weight bearing/walking cast. Ambulation as tolerated in cast. Strengthening & flexibility of Quad and hamstrings.

Weeks 5-8: Remove cast. Placed in “Air Cast”, weight bearing as tolerated. ROM for active/passive dorsiflexion and plantarflexion as tolerated. May begin isometric plantar-dorsiflexion strengthening. May begin inversion/eversion-strengthening exercises at 6 weeks. Progress as tolerated. Can use stationary bicycle at 6 weeks with low resistance and elevated seat.

Weeks 8-12: If tolerated may begin light jogging on treadmill; progress to level ground or track as tolerated. May use elliptical machines at 8-10 weeks as tolerated. Proprioceptive training exercises starting at week 8.

Week 12+: Continue progressive strengthening program as tolerated. Cutting & jumping sports restricted until calf approximately 1cm of contralateral calf girth or isokinetic strength testing 85-90% of normal calf.

“Off-the-shelf” ankle corset or taping recommended for 6 months post op to protect the repair if participating in cutting or jumping sports.

Post op visits: 1 week, 2-3 weeks, 6 weeks, 3 months, 6 months