Jeffrey Dean, MD

Orthopedic Surgeon

Ankle Reconstruction/Modified Brostrom Repair (Rehabilitative Guidelines)

Revised March 2004

Post-op Days 1 – 7

L & U Splint
Crutches – NWB
QS, HS
4-way SLR
AROM hip and knee
Ice and Elevation

Goals – Pain and Effusion controlled

Weeks 1 – 6

In SLWC
Crutches – FFWB/PWB
 – Progress to WBAT at 3 weeks (D/C when gait is WNL)
Continue hip/knee ex PRN
Upper body exercises okay (seated or bench only – no pushups)
Continue ice and elevation

Goals – No quad atrophy

Weeks 6 – 8

Transition from Cam Walker to Aircast per Ortho
Scar massage/mobilization with oil/cream
Ankle AROM – pumps, alphabet, rotations
Light Theraband ex all directions
Gastroc/Soleus Stretching
Sitting BAPS board
Heel raises – emphasize involved side
Stationary bike
Pool therapy – chest or shoulder deep only, begin slowly
Ice as needed

Goals – Normal Gait, Full DF/PF

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Weeks 8 – 12

Cont functional brace when out of house
Continue appropriate previous exercises
Theraband ex all directions with increased resistance as tolerated
General lower extremity PREs – leg press, knee ext, HS curl, heel
        raises, step ups, mini squats
Proprioception ex – Single leg BAPS, Ball Toss, and Body Blade
Functional activities – Fitter, Slide board
Treadmill – Walking progression program
Elliptical trainer
Pool therapy – progress as tolerated

Goals – Normal gait with fast walk, Symmetrical ROM, Near normal strength

Months 3 – 6

D/C brace when cleared by Ortho – no limp/pain
Wear ankle brace for all sports until 6 months post-op
Continue progressive strengthening and proprioception ex
Agility drills / Plyometrics
Treadmill – Running progression program, progress to track (in brace)

Goals – Normal strength, No calf atrophy, Pass APFT at 6 months post op

No sports until able to sprint figure 8's at full speed without pain