

## Rehab Protocol *Ankle Ligament (Brostrum) Reconstruction*

### General Treatment Guidelines

- Weightbearing is progressed as tolerated in the boot starting at 2 weeks.
- The boot should be worn for 6 weeks.
- No ankle plantar flexion past resting position for 4 weeks.
- No passive or active ankle inversion or eversion for 6 weeks.

### Week 2

- Splint is removed in Dr. Dekker's office and the patient is transitioned to a walking boot.
- The boot must be worn during sleep to prevent sheets and blankets from pulling the ankle down into plantar flexion and stretching out the ligament repair.
- Edema control modalities as needed (*i.e.* electrical stim, cryotherapy, soft tissue treatments).
- Toe curls, toe extension, toe spreads, and knee and hip strengthening exercises.
- Well leg stationary bicycling and well body strengthening.

### Week 4

- Continue wearing the walking boot during the day and at night.
- Continue edema control and exercises.
- Mobilization of the intermetatarsal and midtarsal joints. Caution with motion of subtalar and tibiotalar joints.
- Ankle plantarflexion past neutral position is allowed.
- Isometrics in multiple planes and progress to active exercises in protected ranges.
- Proprioceptive exercises, intrinsic muscle strengthening and manual resisted exercises.
- Stationary cycling in boot is allowed.

### Week 6

- Wean from the boot into a comfortable tennis shoe full time (usually over 2-5 days).
- Gradual and slow progression of passive and active range of motion into inversion and eversion.
- Gradually increase exercise intensity focusing on closed chain maneuvers, balance, and proprioception.
- Initiate stationary cycling; no clip-ins, light to no resistance, slow cadence.
- Strive for full passive/active range of motion, normal gait mechanics, and ability to do single leg heel raise and >30 seconds of single leg balance by the end of 12 weeks.

## **Week 12+**

- Begin plyometric training and initiate return to run program.
- Progress back into athletics based upon functional status.
- As needed use of lace up ankle brace for athletics.