



## Post Surgery Instructions *Ankle Ligament (Brostrum) Reconstruction*

### General Treatment Facts

- The goal of this surgery is to return you to full strength and stability in the shortest amount of time.
- This surgery will repair and tighten the torn ankle ligaments to prevent further episodes of twisting.
- You will NOT be able to bear weight on the ankle for approximately 2 weeks. After your first post-operative visit, you may begin to bear weight as tolerated if instructed by Dr. Dekker.
- You will be in a plaster splint for the first 2 weeks after surgery. Afterwards, you will be placed in a walking boot.
- The general rate of healing is 75% by 3 months and 90% by 6 months.
- No sports involving cutting movements (racquetball, soccer, tennis, etc.), ballistic movements, or strenuous running will be permitted for 6-12 months.

### Post Surgery Course

#### Day 1

- The ankle will be wrapped in a plaster splint with lots of padding and a removable bandage. If for any reason your splint is uncomfortable or too tight, remove the ace wrap, loosen padding, and re-apply to your comfort level.
- It is important to ice and elevate the ankle, take pain medication, and rest as needed.
- No weight bearing on injured ankle until your first post-operative visit at the office.
- Do not get the splint wet.

#### Day 4

- Pain should improve after the 3<sup>rd</sup> day. If your pain has worsened after day 3 or you have a fever and/or chills, please call the office.
- Wiggle toes in splint as tolerated.
- Perform isometric calf contractions 5 times a day for 20 minutes.
- Work the knee, hip, and upper extremities as tolerated.

#### 2 weeks (approximately)

- First post-operative visit.
- Your splint will be taken off and your sutures will be removed.
- You will be placed in a boot with your ankle in a neutral position to prevent a large amount of range of motion.
- You MUST sleep in the boot to prevent the sheets/blankets from pulling the ankle down and stretching out the ligament repair.

- May progress weight bearing as tolerated in the boot. Continue use of crutches until you are full weight bearing.
- AVOID plantar flexion (pointing the foot down) and inversion (turning the foot inward) for the first 6 weeks. This will loosen the ligament repair.
- If the incision is healing well, you may get the ankle wet in the shower 2-3 days after your post-operative visit.

### **3 weeks**

- Full weight bearing in the boot without crutches is permitted.
- If the incision is healed, you may submerge the ankle under water.
- Gentle exercise on a stationary bike is permitted in the boot.

### **6 weeks**

- Wean out of the boot and into a regular tennis shoe.
- Start physical therapy (may vary).
- You may be given a lace up ankle brace to wear during long periods of walking and exercise.
- Avoid walking on uneven or rocky terrain.
- Exercise on a stationary bike or elliptical is permitted without the boot.

### **3 months**

- Increase range of motion beyond 30 degrees of plantar flexion and inversion.

### **4 months**

- Light jogging and other exercise activities such as squatting and weight-lifting are permitted.
- Continue to increase your activity as tolerated.
- Gradual return to play and normal exercise routine as tolerated.