



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 or partially torn ligaments to prevent further episodes of twisting.
- You will be unable to bear weight on the operated ankle for approximately 14 days. After your first postoperative visit, you may begin to bear weight as tolerated.
- You will be in a plaster splint for the first 14 days after surgery. Afterwards, you will be placed in a walking boot and may begin weight bearing.
- The general rate of healing is 75% healed by 3 months and 90% healed 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.
- Expect numbness in the ankle for 4-12 hours and then anticipate the onset of pain.
- No weight bearing on injured foot until your first post-operative visit at the office.
- Do not get the splint wet.

Day 4

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

Day 14 (approximately)

- First post-operative visit in the office.
- 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. Alternatively, you may purchase a night splint on amazon.com, which you will need to sleep with for 6 weeks post-operatively (you may use the boot you were given, but some patients find this more cumbersome).
- You will begin weight bearing as tolerated in the boot and continue to use the crutches for added stability until you are full weight bearing.
- Begin to do deep knee bends out of the boot brace 5 times a day for 20 minutes each. This exercise is crucial in your recovery and is essential to regaining range of motion and strength of the ankle.
- AVOID plantar flexion (pointing the foot down) and inversion (turning the foot inward) ankle movements for the first six weeks. This will loosen the ligament repair.
- If the incision is healing well, you may begin to get the ankle wet in the shower 2-3 days after your post-operative visit.

3 weeks

- Walking 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

- Walking may be permitted without the boot.
- You may be given a lace up ankle brace to wear during long periods of walking and exercise.
- You may discontinue sleeping in the boot or night splint.
- Avoid walking on uneven or rocky terrain.
- Exercise on a stationary bike or elliptical is permitted without the boot.

12 weeks

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

14-24 weeks

- 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.