



Lateral Ankle Ligament Stabilization – Modified Brostrom Procedure Rehabilitation Protocol

Phase 1 – (0-6 Weeks) Immediate Protection

Goals:

- Protect healing tissue
- Decrease pain and inflammation
- Retard muscular atrophy
- Control weight bearing forces

Weightbearing Status:

- Non-weightbearing in cast with crutches for first 6 weeks

ROM:

NONE

Exercises:

- NO INVERSION EXERCISES
- NO strengthening first 6 weeks
- Begins submaximal isometrics at 6 weeks
- Hip abduction
- Hip adduction
- Straight leg raises into flexion
- Remove cast week 6 and place in cam walker

Phase 2 - (6-12 Weeks) Intermediate

Goals:

- Protect healing tissue
- Retard muscular atrophy
- Progress weight bearing tolerance
- Begin proprioceptive drills

Weightbearing:

• Begin PWB with 2 crutches for next 2 weeks (weeks 6-7) in CAM walker. Gradually increase to FWB by week 8 then discharge CAM walker at end of week 8 and place in aircast for 3 additional weeks

ROM:

- Begin passive dorsiflexion, plantar flexion, and eversion
- NO active inversion past neutral for 12 weeks

Exercises:

- Continue above exercises
- Begin Strengthening exercises
- PRE's 75% of opposite LE (Theraband)
- Emphasize eversion and peroneal strengthening (Theraband)
- Bicycle

Week 6-8

- 3-way Theraband isotonic (dorsiflexion, plantarflexion, eversion)
- Seated proprioceptive drills
- Leg press
- Knee extension
- Pool Program: Swimming

Week 8-9

- Vertical squats
- Side and front lunges
- Lateral step-ups
- Pool Program: Fast-paced walking

Week 10-12

- Standing proprioceptive drills
- Stair climbing machine
- Pool Program: Running

Phase 3 - (12-20 Weeks) Advanced Motion & Strengthening

Goals:

- Progress to full motion
- Advance proprioceptive drills
- Increase strength, power, and endurance
- Gradually initiate sporting activities

Exercises:

- Continue strengthening exercises
- Towel gathering
- Standing toe-calf raises
- Proprioceptive training
- Initiate plyometric program
- Initiate running program
- Initiate agility drills
- Initiate sport specific training and drills

Phase 4 - (5-6 Months) Return to Activity

Goals:

- Continue to increase strength, power, and endurance of lower extremity
- Gradual return to sport activities

Exercises:

- Continue strengthening program
- Continue closed chain strengthening program
- Continue plyometric program
- Continue running and agility program
- Accelerate sport specific training and drills