



**PROFESSIONAL ORTHOPAEDICS
SPORTS MEDICINE & ARTHROSCOPY**

Sean Mc Millan, DO, FAOAO

Director of Orthopaedic Sports

Medicine & Arthroscopy

2103 Burlington-Mount Holly Rd

Burlington, NJ 08016

(609) 747-9200 (office)

(609) 747-1408 (fax)

Website: www.drseanmcmillan.com

Rehabilitation Guidelines for Lateral Ankle Instability Repair

(Brostrum Procedure)

Phase I Rehabilitation Post-op Weeks 4-6

Phase I begins at week 4 post surgery upon cast removal Precautions

- Ankle support orthotic at all times except with exercises
- WBA T; Crutches PRN
- No **forced** inversion

Treatment

1. Phase I ankle rehab
 - Ankle circles/ alphabet
 - AROM PF/DF, INV/EV
 - Seated heel raise and toe raise without resistance
 - Isometric PF/DF, INV/EV
 - Standing Gastroc. and Soleus stretching
 - Single leg balance with support
2. Modalities PRN for pain management and edema control
3. Monitor wound

Phase II Rehabilitation Post-op Weeks 6-8 Precautions

- ASO for activity (increased walking, school, etc)
- No **forced** inversion
- No twisting, turning, cutting, jumping, running

Treatment

1. Continue phase I ankle rehab as above and add
 - Theraband
 - Double leg toe press
 - Seated heel raise with resistance

2. Continue modalities if edema or pain is present

Phase III Rehabilitation Post-op Weeks 8-10

Precautions

- Out of brace
- No twisting, turning, cutting, jumping, running

Treatment

1. Phase II ankle rehab
 - Standing toe and heel raise
 - Single leg heel raise
 - Balance and Proprioception (BAPS board/ Balance board/ Foam pad)
 - Multiplanar Lunges

Phase IV Rehabilitation Post-op Weeks 10-12

Precautions

- No dynamic activity outside PT
- Running and jogging in controlled atmosphere

Treatment

1. Phase III ankle rehab
 - Plyometrics and Sport specific activities

Phase V: > 3 Months

Return to activity