



**Virtua Reconstructive Orthopedics**  
**SPORTS MEDICINE & ARTHROSCOPY**

**Sean Mc Millan, DO, FAOAO**

*Director of Virtua Orthopaedic Sports Fellowship*  
*Chief of Orthopedics: Virtua Mount Holly Hospital*

2103 Burlington-Mount Holly Rd

Burlington, NJ 08016

(609) 747-9200 (office)

(609) 747-1408 (fax)

Website: [www.drseanmcmillan.com](http://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