

## Rehabilitation Protocol: Ankle Brostrom Lateral Ligament Repair

### Phase 1 (Weeks 0-2)

- **Weightbearing:** Non-weightbearing on the operative limb
- **Splint or Pneumatic Boot:** Worn full-time
- **Range of Motion:**
  - Avoid ankle range of motion for the first 2 weeks after surgery.
- **Therapeutic Exercises**
  - Quad/Hamstring isometrics, heel slides, straight leg raises, co-contractions
  - Isometric hip abduction and adduction exercises

### Phase 2 (Weeks 2-6)

- **Weightbearing:** Advance to weight-bearing as tolerated for ambulation in boot
- **Pneumatic Boot:** Worn for ambulation. Remove boot when at rest/sleeping and for PT.
- **Range of Motion**
  - Active, Active-Assist, and gentle Passive ankle/foot/toe ROM
  - *Avoid ankle inversion past neutral*
- **Therapeutic Exercises**
  - Continue Phase 1 exercises
  - Submax ankle isometrics in all directions except inversion
  - Standing gastrocnemius stretches
  - Okay to begin blood flow restriction therapy

### Phase 3 (Weeks 6-10)

- **Weightbearing:** Full weightbearing, wean from boot for ambulation
- **Brace:** Wean from boot and transition to ankle brace for activity
- **Range of Motion:** Continue ROM exercises to ankle/foot/toes. Okay to add inversion.
- **Therapeutic Exercises**
  - Bilateral calf raises, 4-way ankle therabands
  - Begin stationary bicycle, leg presses, and flutter kick swimming at 6 weeks
  - Begin elliptical trainer and wobble/rocker board at 8 weeks

### Phase 4 (Weeks 10-26)

- **Weightbearing:** Full weightbearing. May return to driving if right ankle was repaired.
- **Range of Motion:** Maximize ankle/foot/toe ROM
- **Therapeutic Exercises**
  - Single-leg calf raises and balance exercises
  - Gradual return to jogging/running at 3 months after surgery
  - Plyometrics and dynamic stability exercises starting 3 months after surgery
- Return to sports/athletics once cleared by Dr. Gross