



REHABILITATION GUIDELINES

LATERAL ANKLE STABILIZATION, BROSTRUM-GOULD PROCEDURE

0-5 WEEKS POST-OP

DOS:

GOALS

Protect healing tissue

Decrease pain and inflammation

Retard Muscular atrophy

- *Non-weight bearing in post-op splint with crutches for first 2 weeks, then weight bear as tolerated in boot with lateral heel wedge thru 6 weeks post op*
- *Gentle active range of motion plantar and dorsiflexion to full*
- **NO INVERSION EXERCISES**
- **NO strength for first 4 weeks**
- *Begin submaximal isometrics at 4 weeks*

6-11 WEEKS POST-OP

DATE:

GOALS

Protect healing tissue

Regain full motion

Strength gain

Begin proprioceptive drills

- Full weight bearing, transition to normal shoe wear with lateral wedge
- Begin gentle inversion/eversion range of motion
- Begin theraband ankle strengthening
 - PRE's at 75% of opposite leg (Theraband)
 - Emphasize eversion and peroneal strengthening (theraband)
 - Continue above exercises and add bicycle
- **NO ACTIVE INVERSION PAST NEUTRAL FOR 10 WEEKS**
- Week 8-10, if range of motion good, begin advanced proprioceptive training, e.g. BAPS board

12-16 WEEKS POST-OP

DATE:

- Full range of motion
- Increase Strength
- Proprioception
- Begin Functional Sports Progression
- Return to sport after MD clearance