LATERAL ANKLE STABILIZATION, BROSTROM-GOULD PROCEDURE
LEVENE (1/15)

PHASE I IMMEDIATE PROTECTION PHASE (Week 0-6)

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

PHASE II- INTERMEDIATE PHASE (Week 6-12)

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

PHASE III ADVANCED PHASE (Week 12-16)

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