

## 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