

# LATERAL ANKLE RECONSTRUCTION

## MODIFIED BRÖSTROM-GOULD DIRECT LIGAMENT REPAIR

**\*(Can be used For Chisman- Snook procedure as well)**

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### **Post-op, DOS:**

- In splint for 1 to 2 weeks with foot in neutral dorsiflexion and slight eversion
- NWB with crutches
- Elevate at rest
- No excessive dependency of foot

### **Week 1-2, Begin Date:**

- When out of splint and into high tide boot, start active dorsiflexion, plantarflexion and eversion
- **NO INVERSION!**
- Wear boot at night

### **Week 1 to 4-6, Begin Date:**

- Walking boot and compression stocking
- WBAT for 4 to 6 weeks post-op as designated by physician
- Wean from crutches as soon pain free
- Okay to begin PROM/AROM to greater plantarflexion

### **Week 4-6, Begin Date:**

- Wean out of boot to ankle stirrup brace
- Start gentle active inversion, Achilles tendon stretching, proprioceptive training and resistive exercises (i.e. T-band)
- Progress from waking to straight-line running when strength is adequate and no pain is present (usually 6-8 weeks)
- Progress to figure-8 running, with ever-smaller loops, then to cutting
- May return to sport/work when comfortable performance of position is present (usually 2-3 months for work and 3 months for sport)
- Brace is recommended for 6 months after repair