

Palmetto Health USC

ORTHOPEDIC CENTER

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Rehabilitation Following Brostrom Procedure for Lateral Instability

I. Immediate Postoperative Phase (0-6 wks)

Goals

1. Decrease pain and inflammation
2. Protect healing tissue
3. Retard muscular atrophy
4. Control weight bearing forces

Gait/Weight Bearing: non-weight bearing with 2 crutches first 6 weeks with cam walker

ROM: No PROM for first 6 weeks. AVOID Inversion

Strength:

Begin ankle submaximal isometrics at 2 weeks post op.
SLR, hip abduction, adduction, and extension
Resisted open chain knee extension and flexion with cam walker.
Bicycle with cam walker

II. Intermediate Phase (weeks 6-12)

Goals

1. Protect healing tissue
2. Retard muscular atrophy
3. Progress weight bearing
4. Begin proprioceptive drills

Gait/Weight Bearing: begin partial weight bearing with 2 crutches for weeks 6-7 and achieve full weight bearing at week 8.

ROM: Avoid inversion. Begin PROM of dorsiflexors, plantarflexors and everters.

Strengthening: (6-8 weeks)

1. Begin strengthening of lateral compartment(peroneals), dorsiflexion and plantarflexion with Theraband.
2. Continue hip and knee strengthening in open chain.
3. Continue submaximal inversion isometrics.
4. Leg press/shuttle press
5. Seated proprioception drills
6. Vertical squats
7. Forward step ups

Strengthening: (8-9 weeks)

1. Side and front lunges
2. Lateral step ups

Strengthening: (10-12 weeks)

1. Standing proprioception drills
2. Single leg stand

III. Advanced proprioception and strengthening phase (weeks 12-18)

Goals:

1. Full AROM of dorsiflexors, plantarflexors, inverters and everters.
2. Return to sporting activities

Strengthening:

1. Continue previous closed chain exercises
2. Initiate agility drills
3. Initiate plyometrics
4. Initiate running program

IV: Return to Activity (4 and half months -6 months)

Goals: Continue to emphasize strength, proprioception and ROM with gradual return to sport.