



Brostrom Procedure with Augmentation  
 (Lateral Ligament Reconstruction)  
 Dr. Vincent Vacketta  
 Midwest Orthopaedic Center — Peoria, IL

	WEIGHT BEARING	ROM	EXERCISES
<b>Phase 1a:</b> <b>0-1 week post-op</b>	NWB PO Splint; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR
<b>Phase 1b:</b> <b>1-4 weeks post-op</b>	NWB PO cast; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR, Upper body ergometer
<b>Phase 2:</b> <b>4-8 weeks post-op</b> <b>Intermediate</b>	WBAT in boot  Use something for contralateral leg-leveling for gait.  Remove boot for sleep, hygiene, and therapy	Begin ankle AROM, PROM	Ankle ABC, circles within pain-free range of motion, gentle long-sitting and seated gastrocsoleus stretching, ankle isometrics, intrinsics strengthening, leg press in boot, bike in boot, Core strengthening  *No externally generated force to the ATFL, CFL
<b>Phase 3:</b> <b>8-12 weeks post op</b> <b>Functional</b>	WBAT in shoe with ankle support (ASO)	Full AROM as tolerated	Ankle open and closed chain PRE's, theraband, calf raises, BAPS, squat progressions, leg press, lunge progressions, SLS balance and proprioception progressions, pool jogging, Bicycle  *continue to avoid undue stress to the ATFL, CFL
<b>Phase 4:</b> <b>12-24 weeks post-op</b> <b>Advanced</b>	ASO for sports	Full AROM	Lateral dynamic stabilization, resisted walking, plyometric progressions, Elliptical, stair climber, agility drill progressions, jumping progressions, cutting progressions  Interval running progressions around 4 months (6 months if peroneal repair)  Return to sports at 4-6 months if <10% difference in hop tests. (longer if peroneal repair or no internal brace)

Please send PT progress notes prior to each MD appt.  
 This protocol is not a substitute for clinical decision making of the health care professional. Speed up\slow down as indicated  
 Please see PT referral for any specific post op instructions.  
 Call 309-689-7007 for rehab questions; Call 309-691-1400 x2268 for nursing questions