

Post-Operative Rehabilitation Guidelines for:
Ankle Open MODIFIED BROSTROM Reconstruction

Patient Name: _____ Date: _____

Treatment Frequency: 3 x week Duration of Therapy Prescription: 6 weeks

PHASE I- MAXIMUM PROTECTION (WEEKS 0 TO 6)

- Cast or boot for 6 weeks
- Elevate the ankle above the heart
- Non-weight bearing x 6 weeks
- Multi-plane hip strengthening
- Core and upper extremity strengthening

PHASE II- RANGE OF MOTION AND EARLY STRENGTHENING (WEEKS 6 TO 8)

- Restoration of normal gait mechanics
- Full active and passive ROM all planes
- Strong emphasis on restoring full dorsiflexion
- Isometric and early isotonic ankle
- Foot intrinsic strengthening
- Bilateral progressing to unilateral squat, step and matrix progression
- Proprioception training
- Non-impact cardiovascular work

PHASE III- PROGRESSIVE STRENGTHENING (WEEKS 8 TO 12)

- Restoration of full range of motion all planes
- Advance ankle and foot intrinsic strengthening
- Pool running progressing to dry land
- Linear progressing to lateral and rotational functional movements
- Bilateral progressing to unilateral plyometric activity

PHASE IV- ADVANCED STRENGTHENING (WEEKS 12-16)

- Advance impact and functional progressing
- Sport specific drills on field or court with functional brace
- Sport test at 3-4 months based on progress
- Compete first year with functional brace

Please send progress notes.

Physician's Signature: _____

(I have medically prescribed the above treatments)

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