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Lateral Ankle Ligament Reconstruction Post Operative Rehabilitation (Brostrom-Gould Procedure) Christian K. Kikuchi, MD

Phase 1 (weeks 0-2)

- Non weight bearing in post operative splint
- Utilize crutches
- Elevate leg to minimize post operative swelling

Phase 2 (weeks 2-6)

- Sutures removed
- Begin weight bearing in tall walker boot
 - Week 2 start at 25% weight bearing and increase by 25% each week until full weight bearing in the boot
- Perform active range of motion only in dorsiflexion and plantarflexion only
- No passive range of motion stretching / exercises
- No inversion / eversion exercises

Phase 3 (weeks 6-12)

- Wean out of boot into lace up ankle brace
 - Ankle Brace worn until 6 months after surgery
- Weeks 6-8: Limit inversion to maximum 5 degrees
- Weeks 8-10: Limit inversion to maximum 10 degrees
- Full inversion exercises after week 10, ok to start theraband inversion
- Ok to begin gravity and theraband eversion exercises at week 6

Phase 4 (weeks 13-20)

- Begin inversion and eversion strengthening
- Begin single-leg balancing
- Begin low-impact exercises

Phase 5 (weeks 21+)

- Begin light jogging / lateral training
- Begin running / sprinting / cutting activities at 6 months post op

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