



INOVA[®]

Sports Medicine

Dr. Robin West
Dr. Robert Najarian
Dr. Brandon Bryant
Dr. Jeffrey Giuliani

8100 Innovation Park Drive Suite 110, Fairfax, Virginia 22031
1005 N Glebe Road, Suite 410, Arlington, Virginia 22201
22505 Landmark Court, Suite 235, Ashburn, Virginia 20148

Physical Therapy Protocol Following Brostrom Repair

Weight Bearing Status – Non-weight bearing in cast/splint in neutral dorsiflexion

Post-Op Weeks 0-3:

Goals:

1. Minimize swelling and pain
2. Good quad control, full hip and knee ROM
3. Maintain NWB status in cast/splint

Exercises:

1. Toe curls and wiggles
2. Hip and knee ROM and strengthening exercises

Post-Op Weeks 3-6:

Goals:

1. Continued wound healing
2. Minimize swelling
3. Start with PWB and progress to FWB in walking boot; NEED to wear boot while sleeping
4. Discontinue crutches
5. Restore normal gait

Exercises:

1. Gradually progress with passive and active ankle dorsi and plantar flexion
 2. Isometrics in multiple planes and progress to active exercises in protected planes
 3. Proprioception exercises, intrinsic muscle strengthening, manual resisted exercises
 4. Scar mobilization
 5. Regular mobilization of inter-metatarsal and mid-tarsal joints
- * Be cautious with talocrural and subtalar mobilizations

Post-Op Weeks 6-12:

Goals:

1. Progress with strength, power and proprioception
2. Normal gait
3. Sufficient strength and proprioception to initiate functional activities

Exercises:

1. Progress with active and passive ankle dorsi/plantar flexion
2. Start active eversion and inversion (may progress to gentle passive ROM at 8 weeks)
3. Initiate plyometric training at 8 weeks:
 - *Box steps (6 and 12 inches)
 - *Stair climbing
4. Initiate proprioception exercises:
 - *Balance on stable platform with eyes closed
 - *Balance on unstable platform (ie BAPS board) with eyes closed
 - *Ball catching on throwing from stable and unstable surfaces

Post-Op Weeks 12+:

Goals:

1. Full, pain-free ROM
2. Sufficient strength and proprioception to progress to recreational activities
3. Return to unrestricted activity by 4-5 months

Exercises:

1. Progress with flexibility and strengthening program
2. Plyometrics:
 - *Box jumps (6 and 12 inches)
 - *Stair jogging
 - *Jogging
 - *Figure-of-8 running
3. Proprioception:
 - *Mini-trampoline bouncing
4. Incorporate cutting drills into agility training
5. Advance heights with plyometric conditioning
6. Sport specific drills (start at 25% on speed and advance as tolerated)

Criteria for release to sport(s):

- 1. ROM is symmetric and painless**
- 2. Strength is 90% of contralateral side**
- 3. No swelling or instability**