



BROSTOM-GOULD REPAIR FOR CHRONIC LATERAL ANKLE INSTABILITY

Progression to the next phase is based on Clinical Criteria and/or Time Frames as Appropriate

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IMMEDIATE PROTECTION PHASE (Weeks 0-2)

Goals: Protect healing tissue
Control pain and swelling
Control weight bearing forces
Independent transfers and ambulation

Weight-bearing: NWB with optimal assistive device for 2 weeks.

Splint/Brace: Foot is placed into neutral in a short leg cast

Exercises: Transfer and gait training with assistive device, NWB on surgical lower extremity
Patient education and independent HEP
4-way SLR

MODERATE PROTECTION PHASE (Weeks 2-6)

Goals: Minimize quadriceps atrophy
Minimize deconditioning

Precautions: No passive range of motion into inversion or plantarflexion of the ankle in order to protect repair.

Weight-bearing: TDWB from 2-4 weeks and progress to WBAT with the use of assistive device. Discharge assistive device when gait is normal.

Treatment:

- Isometrics x 4 directions
- UBE for aerobic conditioning
- Stationary bicycle (wearing short leg cast)
- Modalities as needed

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STRENGTHENING AND MOTION PHASE (Weeks 6-12)

- Goals:**
- Transition to ankle brace
 - Normal Gait
 - Full DF/PF
 - Symmetrical AROM (Week 10-12)

Weight-bearing: FWB without use of assistive device

Treatment:

- Continue previous exercises as appropriate without brace
- Aquatic Therapy
 - o Deep-water training, gait training, proprioception
- Ankle AROM – ankle pumps, alphabet, rotations
- Light 4-way theraband strengthening
- Proprioception training
 - o Seated BAPS board, single leg stance activities
- CKC exercises
 - o Mini-squats, Leg Press/Total Gym, Double Leg Heel-raises, Mini-band walking (forward, backward, lateral)
- Aerobic Conditioning
 - o Elliptical, Stairmaster
 - o Treadmill walking progression program at Week 10
- Scar massage/mobilization

ADVANCED STRENGTHENING (Months 3-4)

Criteria for entering Advance strengthening

- Minimum 4/5 Ankle Manual Muscle Testing
- Symmetrical pain-free AROM
- Pain-free ADL activities

- Goals:**
- Normal Strength
 - Initiation of Interval Running Program
 - Discharge ankle brace

Treatment:

- Continue previous exercises as appropriate
- Aquatic Therapy
 - o Aquatic treadmill running program (Month 3)
- Initiate interval running program as tolerated on treadmill (Month 4)

RETURN TO ACTIVITY PHASE (Months 4-6)

Goals: Return to all activities

Treatment:

- Continue previous exercises as appropriate
- Initiate agility drills / Plyometrics
- Continue running progression program to track and hard surfaces
- Transition to home exercise program / gym program