

OFC Physical Therapy/Sports Medicine Post Op Modified Broström Procedure Ankle Rehabilitation Protocol

POSTOP WEEK: 0-2

GOALS:

- Protect healing tissue
- Minimize edema, inflammation and pain

TREATMENT:

- Nonweightbearing using assistive device
- Patient in cast or boot
- No range of motion or strengthening operative ankle
- Knee and hip open-chain strengthening

POSTOP WEEK 3-4

GOALS:

- Protect healing tissue
- Progress to partial weightbearing at week 3 and to full weightbearing after week 4 per surgeon
- Progress ankle-specific exercises

TREATMENT:

- Progress to partial weightbearing with assistive device in protective boot or cast
- Begin ankle active range of motion exercises for dorsiflexion and plantar flexion without resistance
- Knee and hip strengthening
- Bike, no resistance

POSTOP WEEK: 5-6

GOALS:

- Protect healing tissue
- Progress to full weightbearing
- Progress exercise program

TREATMENT:

- Gait training
- Ankle active range of motion plantar flexion and dorsiflexion
- Submaximal ankle isometrics in neutral position
- Exercise bike
- Intrinsic foot and toe muscle exercises
- Begin closed-kinetic lower extremity strengthening muscles

POSTOP WEEK: 7-12**GOALS:**

- Normal gait
- Patient demonstrates fair static/dynamic balance
- Full functional active range of motion of the ankle

TREATMENT:

- Inversion-eversion active range of motion
- Proprioceptive training
- Thera-Band ankle strengthening
- Treadmill, stair climber
- Intrinsic foot muscle strengthening

POSTOP WEEK: 13-14**GOALS:**

- Full active range of motion and normal strength in ankle
- Normal static and dynamic proprioception and balance
- Return to pre-injury activity level

TREATMENT:

- Gait training
- Ankle active range of motion plantar flexion and dorsiflexion
- Submaximal ankle isometrics in neutral position
- Exercise bike
- Intrinsic foot and toe muscle exercises
- Begin closed-kinetic lower extremity strengthening exercises