



# ADVANCED ORTHOPAEDIC SPECIALISTS

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## Modified Brostrom with Internal Bracing Rehab Protocol

\*Discomfort and edema expected up to 6 months post-op due to ligament maturation

Phase	Weight Bearing	Brace	ROM	Therapeutic Interventions
Phase I Weeks 0-2	FWB in boot with crutches	CAM walking boot, axillary crutches	No AROM/PROM at ankle	Wiggle toes, elevate operative limb, apply cryotherapy to ankle
Phase II Weeks 2-4	FWB in boot	CAM walking boot	AROM plantarflexion/dorsiflexion as tolerated out of boot	Towel scrunches with toes, LAQs, table top hip flexion/abduction/extension/adduction, prone hamstring curl, prone supermans, dead bugs, seated upper body activity as tolerated
Phase III Weeks 4-6 (PT may be held until this phase)	FWB in ASO brace	ASO lace up brace	AROM/PROM plantarflexion, dorsiflexion, eversion at ankle	Bike or elliptical (if tolerated) without boot, continue phase II interventions with appropriate progression of difficulty, begin resistance training of ipsilateral knee/hip, promote gait symmetry and proper weight bearing <b>pain &lt;3/10 for all activities</b>
Phase IV Weeks 6-8	FWB	ASO brace for dynamic activities only	No ROM restrictions	Continue progression of phase III interventions, agility ladder, SLS with ball toss, promote SL balance with external challenges, begin resistance training of ankle with bands/weights/DL heel raise on flat surface <b>pain &lt;3/10 for all activities</b>
Phase V Weeks 8-10	Full ROM with FWB	ASO brace for high impact activities (i.e. basketball)	Full AROM	Continue progression of phase IV proprioception and resistance activities at the ankle, SL balance on unstable surface, begin multi joint strengthening (i.e. lunges, squats with <u>proper form</u> ), introduce modified bodyweight hopping (i.e. supine shuttle, TotalGym)
Phase VI Weeks 10+	FWB	ASO brace as needed for pain with sport	Full AROM all planes	Continue progress of phase V activities, introduce sport and work specific drills, running and jump at week 14+ with <u>proper form</u>