**Lateral Ankle Ligament Repair Rehabilitation Protocol: Modified Brostrom Procedure**

**Phase 1: Weeks 0-4: Maximum Protection**

* Goals:
	+ Rest and recovery
	+ Control of swelling and pain
	+ Protection of healing tissue in short leg splint or cast
* Guidelines:
	+ Short leg NWB (non-weightbearing) cast or splint or boot-- some will start earlier
	+ Will use crutches or a walker or knee scooter for about 4-10 wks
	+ Core, upper extremity and hip strengthening

**Phase II: Weeks 2-8: Range of Motion and Early Strengthening**

* Goals:
	+ Transition to CAM walker boot from cast
	+ Progression of weight bearing
	+ Safe use of ambulation devices
* Guidelines:
	+ Protected WB in walker boot
		- Week 4-5: 25%
		- Week 5-6: 50%
		- Week 6-7: 75%
		- Week 7-8: 100%
	+ Sleep in the boot x 4 wks
	+ Shower when wound healed-if operatively treated
	+ Distal to proximal massage for edema, modalities to control edema
	+ No passive, active-assisted, or active inversion exercises
	+ Emphasize restoring dorsiflexion
	+ Foot intrinsic strengthening
	+ Proprioceptive training
	+ Core exercises
	+ NWB fitness/cardio: biking with one leg (boot on), spinning, deep water running

**Phase III: Weeks 8-16:**

* Goals:
	+ Full WB in the boot
	+ Restoring full ROM
	+ Wean from boot in to supportive shoe with functional ankle brace (ASO) (8-10wks)
* Guidelines:
	+ Swelling control with elevation and modalities as required
	+ Graduated resistance exercises (open and closed chain as well as functional activities)-start with Theraband exercises. Ankle and foot intrinsic strengthening.
	+ WBAT Cardio with boot on/ weaning to ASO: biking, pool running progressing to dry land jogging
	+ Linear progressing to lateral functional movements
	+ Bilateral progressing to unilateral plyometric activity
	+ Hydrotherapy

**Phase IV: Weeks 16+:**

* Goals:
	+ Advanced impact and functional activities
	+ Sport specific drills with functional brace
* Guidelines:
	+ Return to competitive sport if regained 80% of strength, able to demonstrate proprioception and sport specific drills at full speed in all planes.
	+ Wear ASO (lacer, sport or stirrup) brace during sports x 6 months