**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