

Post-Op Brostrom Lateral Ligament Reconstruction

Phase 1 (0-4 weeks)

- Cast and NWBing for 4 weeks
- Elevation for first 7-10 days at or above heart level
- May do toe flexion/extension exercises in the cast
- Can do hip and knee exercises after first 7-10 days

Phase 2 (4-10 weeks)

- Begin AROM avoiding any active and passive inversion (always)
- Sitting BAPS
- Stretching to gastroc/soleus complex & plantar fascia
- Intrinsic strengthening
- Progress to resisted exercises at week 7-8 with emphasis on DF/EV
- Biking/Treadmill walking

Phase 3 (10-16 weeks)

- Progressive strengthening exercises
- Balance/proprioceptive exercises
- Endurance activities
- Sport-specific activities at month 3-4