# Brostrom Repair Protocol

J. Chad Joyce, PT Updated: February, 2015

**Option 1**

A. 0-2 weeks post-op
   1. Splint Immobilization in position of slight eversion
   2. Frequent elevation and cryotherapy
   3. NWB status with proper AD

B. 2-5 weeks post-op
   1. Short leg cast
   2. WBAT with proper AD
   3. Continue cryotherapy and elevation as needed

C. 5-12 weeks post-op
   1. Gait: WBAT, D/C assistive device per standard criteria. CAM or ASO as physician directs.
   2. Exercise
      - Progressive ROM and flexibility work
      - Progressive strength, balance and proprioceptive work
      - Non-impact cardio

D. 12 weeks post-op - Interval jog to run progression

E. 16 weeks post-op - Progressive agilities, plyometrics, and jump to hop series

**Option 2**

A. 0-2 weeks post-op
   1. Splint Immobilization in position of slight eversion
   2. Frequent elevation and cryotherapy
   3. NWB status with proper AD

B. 2-6 weeks post-op
   1. Gait
      - CAM boot
      - WBAT with appropriate AD
      - May wean from AD as tolerated
   2. Exercise
      - AROM as tolerated (DF, Ever, PF)
      - No Inversion work
      - Stationary Bike
      - Isometrics in neutral position
      - Gentle PRE thera-band PF and DF
      - Low level balance / proprioceptive work

C. 6-8 weeks post-op
   1. Gait - Wean from CAM into lace support
   2. CAM boot or night splint at night
   3. Exercise
      - PRE OKC and CKC strength work
      - PRE Balance / proprioceptive work
      - Non-impact / WB cardio work

D. 8-12 weeks post-op
   1. Interval jog to running program
   2. Progressive jump to hop drills, agilities, and sport specific activities
   3. Progressive cutting, planting, and plyometrics

E. 12 weeks post-op - Return to sport based on physician clearance