

# **LATERAL ANKLE STABILIZATION, BROSTROM-GOULD PROCEDURE**

## **PHASE I IMMEDIATE PROTECTION PHASE (week 0-6)**

### GOALS

Protect healing tissue

Decrease pain and inflammation

Retard Muscular Atrophy

- Non-weight bearing in post-op splint with crutches for first 2 weeks, then weight bear as tolerated in boot with lateral heel wedge thru 6 weeks post op
- Gentle active range of motion plantar and dorsiflexion to full
- NO INVERSION EXERCISES
- NO strength for first 4 weeks
- Begin submaximal isometrics at 4 weeks

## **Phase II INTERMEDIATE PHASE (week 6-12)**

### GOALS

Protect healing tissue

Regain full motion

Strength gain

Begin proprioceptive drills

- Full weight bearing, transition to normal shoe wear with lateral wedge
- Begin gentle inversion/eversion range of motion
- Begin theraband ankle strengthening  
PRE's at 75% of opposite leg (Theraband)  
Emphasize eversion and peroneal strengthening (theraband)  
Continue above exercises and add bicycle
- NO ACTIVE INVERSION PAST NEUTRAL FOR 10 WEEKS
- Week 8-10, if range of motion good, begin advanced proprioceptive training, e.g. BAPS board

## **PHASE III ADVANCED PHASE (week 12-16)**

- Increase Strength
- Full range of motion
- Proprioception
- Begin Functional Sports Progression
- Return to sport after MD clearance