



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/cast with crutches for first 4 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 6 weeks
 - » Begin submaximal isometrics at 6 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