

## **Modified Brostrom Procedure Rehab Protocol**

### **Weeks 0-5**

Patient placed in walking boot and immobilized

### **Week 6**

Gait mechanics – wean from boot in 1-2 weeks

PROM in all planes

- Avoid discomfort/overpressure with inversion ROM
- Add weight bearing to dorsiflexion stretches

4 way strengthening via isometrics

Gentle biking from ROM

Novice proprioception training initiated

Modalities for edema/soreness as needed

### **Weeks 7-8**

Increase gait speeds and reduce analgia

Continue to progress ROM

- Inversion with caution

Initiate resistance training (bands, manual, isokinetic, etc)

Intermediate proprioception training

BAPS board – seated

Strength training on involved side quad/hamstring as needed

### **Weeks 9-12**

Plyometric initiated in partial weight bearing position (pool/shuttle) and progressed as tolerated

BAPS board – standing

Advanced proprioception training

Progress all motions – including inversion – to normal limits

Increase resistance/agility training – focus on lateral movements

Begin straight running program as tolerated at week 12

### **Weeks 12+**

Return to sport and work activities as cleared by surgeon and therapist