

## Brostrom Repair – Guidelines for Rehabilitation

Post Op	Brace	Weightbearing	Rehabilitation Guide	Goals
0-2 weeks	POP	NWB (no push off or toe touch walking)	Prophylactic and general maintenance ex's (toes, quads, gluts) Advice regarding elevation	Indep on crutches Prevent post op complications
2-4 weeks	Aircast Boot	3/52 Aircast boot NWB	<b>Avoid PF&gt;resting position i.e. plantargrade for first 4 weeks</b> Prophylactic and general maintenance ex's (toes, ankle DF from plantargrade, knee, hip) Pain and oedema control (cryotherapy, soft tissue treatments, acupuncture) Regularly mobilise intermetatarsal and midtarsal joints (no subtalar or talocalcaneal mobilisation) Isometric ex's all ranges Intrinsic m/s strengthening ex's Gradually progress to PWB by week 4 post-op	Reduce swelling Pain control Education on rehab prog Prevent scar adherence Start PWB at week 4 post-op
		4/52 Aircast Boot PWB		
4-6 weeks	Aircast boot	FWB in Aircast boot	Gait re-education Gradually increase ROM PF/DF Resisted ex's for PF/DF Proprioception ex's/weight transference/single leg stance Hydrotherapy	Minimal swelling Minimal pain Full ROM PF/DF FWB in Aircast boot

## Brostrom Repair – Guidelines for Rehabilitation

6-12 weeks	Airsport brace if required		<p><b>Cautiously begin active and passive ROM into inversion and eversion</b></p> <p>Promote normal gait          Progress to resisted ex's through range          Focus on closed chain exercises          Increase proprioception work          Power walking on treadmill          Increase CV work i.e. Cross trainer, bike, rower          Pool workouts</p>	<p>Normal gait pattern          No swelling          No pain          Full ROM by 8 weeks          Full m/s strength by 12 weeks          Able to single leg stand &gt;30secs</p>
3-6 months	Ankle support if required		<p>Start running initially on treadmill, progress to road running          Plyometrics          Agility work          Sport specific training          Progress back into sport</p>	<p>Proprioception equal to contralateral          Unrestricted confident function          Symptom free training</p>

### References:

Hamilton, W. Thompson, F. Snow, S (1993) The modified Bromstrum procedure for lateral ankle instability. *Foot and Ankle*, 14 (1), pp.1-8.

Shereff, M. (1993) Atlas of foot and ankle surgery. WB Saunders, Philadelphia.

<http://www.stoneclinic.com/brostrom.htm>