



Brostrom Reconstruction Rehabilitation Protocol

Please present this to your physiotherapist at your first appointment

4-8 WEEKS POST-OP

- Restore normal gait, discontinue crutches when gait is no longer antalgic
- Ambulation training in Aquatrex
- Active ROM as tolerated
- Passive heel cord stretching
- Joint mobilisation
- Plantar flexion and dorsiflexion PRE's
- Bicycle ergometer
- Proximal musculature PRE's
- Modalities PRN

12-20 WEEKS POST-OP

- Continue with lower extremity PRE's
- Advanced proprioception activities; Fitter, Euro glide, Sport cord
- Continue with flexibility activities
- Progress endurance activities
- Begin running program (PWB-FWB)
- Isokinetic in all planes

8-12 WEEKS POST-OP

- Inversion/Eversion isotonic
- Begin proprioception program
- Continue with lower extremity PRE's
- AROM activities in all directions
- Begin Retro program
- Restore normal ROM
- Calf Raises
- Stairmaster, Versa climber as tolerated
- Nordic attack
- Isokinetic test
- Functional test assessment

20-28 WEEKS POST-OP

- Agility exercises
- Advanced functional exercises
- Continue/Progress running program