



PHYSICAL THERAPY SECTION

ANKLE RECONSTRUCTION / MODIFIED BRÖSTROM REPAIR / PERONEAL TENDON REPAIR

Revised November 2016

Adapted from William Beaumont Army Medical Center

Post-op Days 1 – 10

L & U Splint / SLC
Crutches – non weight bearing
(NWB) AROM hip and knee
Wiggle toes
Straight leg raise (SLR) x 4 directions
Short arc quad (SAQ)
Upper body exercises (seated or bench only – no
pushups) LE stretches – Hamstring, quads, ITB, Hip
flexors
Elevation

Goals

Pain management
Prevent swelling

Day 10 – Week 6

Short leg walking cast (SLWC)
Crutches – flat foot weight bearing (FFWB) / partial weight bearing (PWB)
– Progress to weight bearing as tolerated (WBAT)
– D/C when gait is normal
Isometrics x 4 directions
UBE for aerobic conditioning
Stationary bike
Ice as needed

Goals

Minimize quad atrophy
Minimize deconditioning

Weeks 6 – 10

Transition to ankle brace
Continue appropriate previous and following exercises without brace
Scar massage/mobilization with oil/cream
Ankle active range of motion (AROM) – Calf pumping, alphabet, rotations
Light Theraband ex x 4 directions
Towel crunches and side-to-side
Seated BAPS
Mini-squats, Wall squats, Total gym
Elliptical trainer
Gastroc/Soleus Stretching

Goals

Normal gait
Full DF / PF

Weeks 10 – 12

Continue ankle brace as needed and continue appropriate previous exercises
Strengthening ex, emphasize lateral ankle mm
– Theraband with increasing resistance
– Elgin
Steamboats (Theraband x 4 directions while standing on involved LE)
Double leg heel raises – Emphasize involved side
Leg press, knee ext, HS curl, hip weight machines
Forward, retro and lateral step downs
Proprioception ex – Double leg BAPS
Treadmill – Walking progression program
Stairmaster
Pool therapy

Goals

Symmetrical ROM
Walk 2 miles at 15 min/mile pace

Months 3 – 4

D/C brace
Continue appropriate previous exercises
Single leg heel raises
Proprioception ex – Single leg BAPS, ball toss, body blade
Fitter, slide board
Treadmill – Running progression program

Goals

Normal strength
Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises
Push-up progression
Sit-up progression

Continue running progression program to track and hard surfaces
Agility drills / Plyometrics
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 6 months post-op

No sports until able to sprint figure 8's at full speed without pain