

Postoperative Rehabilitation Following Brostrom-Gould Procedure

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

IMMEDIATE PROTECTION PHASE (week 0-4)

- **Goals**
 - Protect healing tissue
 - Decrease pain and inflammation
 - Retard muscular atrophy
 - Control weight-bearing forces
- **Weight-bearing:** partial weight-bearing in cast with 2 crutches for first 4 weeks
- **ROM:** none
- **NO INVERSION EXERCISES**
- **Exercises**
 - No strengthening for first 4 weeks
 - Begin submaximal isometrics at 4 weeks
 - Hip abduction/adduction
 - Straight leg raises into flexion
 - Remove cast week 4 and place in cam walker

Phase II -INTERMEDIATE PHASE (Week 4-12)

- **Goals:**
 - Protect healing tissue
 - Retard muscular atrophy
 - Progress weight-bearing tolerance
 - Begin proprioceptive drills
- **Weightbearing:**
 - Weight-bearing as tolerated in cam walker weeks 4-8
 - Discontinue cam walker at end of week 8
 - Place in air cast for 3 additional weeks
- **ROM:** begin passive dorsiflexion, plantarflexion and eversion
- **No active INVERSION past neutral for 12 weeks**
- **Begin strengthening exercises**
 - PRE's at 75% of opposite LE (Theraband)
 - Emphasize eversion and peroneal strengthening (Theraband)
 - Continue above exercises and begin bicycle
- **Week 6-8**
 - 3-way Theraband isotonic (dorsiflexion, plantarflexion, eversion)
 - Seated proprioceptive drills
 - Leg press
 - Knee extension
- **Week 8-9**
 - Vertical squats
 - Side and front lunges
 - Lateral step-ups

- **Week 10-12**
 - Standing proprioceptive drills
 - Stair climbing machine
- **Pool Program**
 - Swimming week 6-8
 - Fast-paced walking week 8-10
 - Running in pool week 10-12

Phase III –ADVANCED MOTION AND STRENGTHENING PHASE (Week 12-20)

- **Goals:**
 - Progress to full motion
 - Advance proprioceptive drills
 - Increase strength, power, and endurance
 - Gradually initiate sporting activities
- **Exercises**
 - Continue strengthening exercises
 - Theraband strengthening inversion/eversion, dorsi/plantarflexion
 - Towel gathering
 - Standing toe-calf raises
 - Bicycle
 - Stairclimber
 - Vertical squats
 - Front lunges
 - Proprioceptive training
- **Initiate Plyometric Program**
 - Initiate:
 - Running program
 - Agility drills
 - Sport specific training and drills

Phase IV –RETURN TO ACTIVITY PHASE (Month 5-6)

- **Goals:**
 - Continue to increase strength, power, and endurance of lower extremity
 - Gradual return to sport activities
- **Exercises**
 - Begin light running program
 - Continue isokinetic (light speed, full ROM)
 - Continue eccentrics
 - Continue mini squats/lateral step-ups
 - Continue closed kinetic rehabilitation
 - Continue endurance exercises

Phase V –Return to Activity (Month 5-6)

- **Goals**
 - Advance rehabilitation to competitive sports
 - Achieve maximal strength and further enhance neuromuscular coordination and endurance
- **Exercises**
 - Continue
 - Strengthening program
 - Closed chain strengthening program
 - Plyometric program
 - Running and agility program
 - Accelerate sport specific training and drills

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____