

## Lateral Ankle Repair/Brostrom/Peroneal Tendon Repair - Dr. John

### Phase II (3 weeks - 6 weeks post-op)

- WB: NWB in CAM boot
- ROM: gentle PF/DF
- Modalities: prn per physical therapist's discretion
- Wound Care:
  - Monitor plantar incision and initiate scar management techniques PRN
- Strengthening: OK hip, knee and core exercises

### Phase III (6 weeks – 10 weeks post-op)

- WB: pt will be WBAT in CAM boot
  - Progress from boot to shoe per therapist's discretion
- ROM:
  - A/PROM is to patient's tolerance
  - Begin gentle Ivr/Evr
  - Normalize by 8 weeks
- Strengthening:
  - Focus on normalizing gait mechanics
  - OK and CK progression
- Modalities: prn and per physical therapist's discretion
- Joint mobility: prn and per physical therapist's discretion
- Initiate balance/proprioceptive activities
  - Progress to SL per physical therapist's discretion
- **10+ weeks:**
  - AROM normalized
  - WBAT in various footwear

### Phase IV (12+ weeks post-op)

- ROM: continues as in phase III
- Strengthening: continue as in phase III
- Balance/Proprioceptive Activities:
  - Progress as tolerated by the patient



- **At 12-14 weeks:** Sport-specific activities: per physician restrictions and by patient tolerance

Adapted From:

1. Reider B, Terry MA, Provencher MT. Operative Techniques: Sports Medicine Surgery. 1<sup>st</sup> ed. Philadelphia: Saunders; 2010.
2. Brozman SB, Wilk KE. Clinical Orthopedic Rehabilitation. 2<sup>nd</sup> Ed. Philadelphia: Mosby, 2003.
3. Ankle and Foot Arthroscopy Rehabilitation Protocol. Dr. Anand Vora, Orthopedic Foot and Ankle Specialist, 2021.

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Phone (815) 484-6990 \* Fax (815) 484-6961