



SIU MEDICINE

ORTHOPEDICS

747 N. Rutledge St 3rd Floor
Springfield, IL 62702
Phone: (217) 545-8000
Fax: (217) 545-1159



Elisabeth Robinson, MD
Orthopedic Surgeon
Sports Medicine Specialist

POST-OPERATIVE MODIFIED BROSTROM REHAB GUIDELINES

Diagnosis/Surgery: _____

Frequency – twice per week for 8-12 wks

PHASE 0: IMMEDIATE POST-OP

Goals:

1. Protect repair
2. Decrease swelling
3. Pain management

Activity:

1. NWB, crutches, ankle in splint/cast
2. Active ROM of hip and knee, wiggle toes
3. Straight leg raises
4. Ice therapy
5. Elevation

PHASE 1: WEEKS 2-6

Goals:

1. Minimize quad atrophy
2. Minimize deconditioning

Activity:

1. Short leg walking cast
2. Crutches – progress to weight bearing as tolerated and D/C when gait is normal
3. Upper body exercises
4. Isometrics

5. Stationary bike
6. Ice/modalities as needed

PHASE 2: WEEKS 6-10

Goals:

1. Normal gait
2. Full dorsiflexion/plantarflexion

Activity:

1. Transition to ankle brace
2. Ankle active ROM – calf pumping, alphabet, rotations
3. Light TheraBand exercises
4. Gastroc/soleus stretching
5. Elliptical trainer
6. Scar massage

PHASE 3: WEEKS 10-12

Goals:

1. Symmetrical ROM
2. Walk 2 miles at 15 min/mile pace

Activity:

1. Double leg heel raises
2. Strengthening exercises
3. Proprioception exercises
4. Stairmaster, treadmill

PHASE 4: 3-4 MONTHS

Goals:

1. Normal strength
2. Run 2 miles at easy pace

Activity:

1. D/C brace
2. Single leg heel raises
3. Treadmill running progression program

PHASE 5: 4-6 MONTHS

Goals:

1. Sport specific training

Activity:

1. Agility drills
2. Return to sports when able to sprint figure 8's without pain

Elisabeth C. Robinson, MD

Date