

POSTOPERATIVE REHABILITATION FOLLOWING BROSTROM-GOULD PROCEDURE

I. IMMEDIATE PROTECTION PHASE (0 -6 weeks)

Goals: Protect healing tissue

Decrease pain and inflammation

Retard muscular atrophy

Control weight bearing forces

Weight bearing - Non-weight bearing in cast with 2 crutches first 6 weeks

ROM – None

NO INVERSION EXERCISES

Strength Exercises

No strengthening first 6 weeks

Begin submaximal isometrics at 6 weeks

Hip abduction

Hip adduction

Straight leg raises into flexion

Remove cast week 6 and place in cam walker

II. INTERMEDIATE PHASE (weeks 6 - 12)

Goals: Protect healing tissue

Retard muscular atrophy

Progress weight bearing tolerance

Begin proprioceptive drills

Weight bearing - Begin PWB with 2 crutches for next 2 weeks (weeks 6 - 7) in cam walker. Gradually increase to FWB by week 8 then d/c cam walker at end of week 8 and 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 75% of opposite LE (Theraband)

Emphasize eversion and peroneal strengthening (Theraband)

NO active INVERSION past neutral for 12 weeks

Continue above exercises

Hip abduction

Hip adduction

Straight leg raises into flexion

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

III. ADVANCED MOTION AND STRENGTHENING PHASE (weeks 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

Stair climbing machine

Vertical squats

Front lunges

Proprioceptive training

Initiate plyometric program

Initiate running program

Initiate agility drills
Initiate Sport specific training and drills

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:

Continue strengthening program
Continue closed chain strengthening program
Continue plyometric program
Continue running and agility program
Accelerate sport specific training and drills