

BROSTROM REPAIR

Weeks 0 to 2:

Weight Bearing: NWB (non weight bearing) in cast, must use crutches

Therapeutic Exercises:

Strengthening: Quad sets (squeeze thigh muscles tight), 4-way SLR (four directions straight leg raises: forward, backward, inside, outside), knee extension (straightening) and flexion (bending) exercises; weight training may be done if NWB on surgical foot.

Conditioning: Stationary bike without using involved foot, UBE (upper body exercise bike) Cryotherapy (Ice treatments): 6 to 8 times a day for 20 minutes.

Weeks 2 to 4:

Weight Bearing: NWB in boot, continue with crutches

Therapeutic Exercises: Toe curls/spreads, ankle alphabets, ankle circles clockwise/counter clockwise, gentle towel stretch

Strengthening: Remains same as weeks 0 to 2

Conditioning: Remains same as weeks 0 to 2

Manual Therapy: Soft tissue massage, scar tissue massage

Weeks 4 to 6:

Weight Bearing: Partial weight bearing in boot, progress to full weight bearing in boot, continue with crutches as needed

Therapeutic Exercises:

Toe curls/spreads, ankle alphabets, ankle circles clockwise/counter clockwise, gentle towel stretch

Strengthening: as weeks 0 to 2

Proprioception: Weight shifting

Conditioning: Remains same as weeks 0 to 2, may begin swimming
Manual Therapy: Soft tissue massage, scar tissue massage, joint mobilisation.

Weeks 6 to 8:

Weight Bearing: full weight bearing, no crutches

Therapeutic Exercises: continue with ankle ROM activities

Strengthening: unrestricted weight training, closed chain exercises, core strength training.

Proprioception:

Weight shifting, single leg balance activities

Conditioning: Stationary bike, treadmill, swimming

Manual Therapy: Soft tissue massage, scar tissue massage, joint mobilisation.

Week 8 to 12:

Therapeutic Exercises:

Strengthening: progress strengthening as tolerated

Proprioception: Weight shifting, balance activities

Conditioning: Stationary bike, treadmill, stair climber, elliptical machine, ski machine; begin straight running outside.

Weeks 12 to 6 Months:

Therapeutic Exercises:

Conditioning: progress all activities towards returning to sports; include plyometrics and cutting/agility drills.

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