



Brian Waterman M.D.
ORTHOPEDIC SURGERY

ANKLE RECONSTRUCTION / MODIFIED BRÖSTROM REPAIR / PERONEAL TENDON REPAIR

Name: _____ **Date:** _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Postop Days 1-10:

- L & U Splint / SLC
- Crutches – non weight bearing (NWB)
- AROM hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4 directions
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups) LE stretches – Hamstring, quads, ITB, Hip flexors Elevation

Goals

- Pain management
- Prevent swelling

Day 10 – Week 6 :

- Short leg walking cast (SLWC)
- Crutches – flat foot weight bearing (FFWB) / partial weight bearing (PWB)
- Isometrics x 4 directions
- UBE for aerobic conditioning
- Stationary bike
- Ice as needed

Goals

- Minimize quad atrophy
- Minimize deconditioning

Weeks 6-10:

- Transition to ankle brace
- Continue appropriate previous and following exercises without brace Scar massage/mobilization with oil/cream
- Ankle active range of motion (AROM) – Calf pumping, alphabet, rotations Light Theraband ex x 4 directions
- Towel crunches and side-to-side
- Seated BAPS
- Mini-squats, Wall squats, Total gym
- Elliptical trainer
- Gastroc/Soleus Stretching

Goals

- Normal gait
- Full DF / PF



Weeks 10 – 12 :

- Continue ankle brace as needed and continue appropriate previous exercises Strengthening ex, emphasize lateral ankle mm
- Steamboats (Theraband x 4 directions while standing on involved LE) Double leg heel raises – Emphasize involved side
- Leg press, knee ext, HS curl, hip weight machines
- Forward, retro and lateral step downs
- Proprioception ex – Double leg BAPS
- Treadmill – Walking progression program
- Stairmaster
- Pool therapy

Goals

- Symmetrical ROM
- Walk 2 miles at 15 min/mile pace

Months 3 – 4 :

- D/C brace
- Continue appropriate previous exercises
- Single leg heel raises
- Proprioception ex – Single leg BAPS, ball toss, body blade
- Fitter, slide board
- Treadmill – Running progression program

Goals

- Normal strength
- Run 2 miles at easy pace

Months 4 – 6 :

- Continue appropriate previous exercises
- Push-up progression
- Sit-up progression
- Continue running progression program to track and hard surfaces Agility drills / Plyometrics
- Transition to home / gym program

Goals

- Return to all activities
- Pass APFT at 6 months post-op
- ***No sports until able to sprint figure 8's at full speed without pain***