



R PEPPER MURRAY, MD

JOHN C EDWARDS, MD

ERIC C JOHNSTON, MD

STEVEN B HUISH, MD

JOSHUA M HICKMAN, MD

JARED J TYSON, MD

CLINT J WOOTEN, MD

CHRISTOPHER S ENGLISH, MD

MICHELLE PEPPER, MD

TRAVIS M HENDRY, MD

BRIAN D POWELL, MD

PAUL J JOHNSON, MD

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## BROSTROM WITH INTERNAL BRACE FOR LATERAL LIGAMENT RECONSTRUCTION

### Week 1

- Non-weight bearing in anterior splint.

### Weeks 2-3

- If wound is healthy - sutures out and may full weight bear in CAM walker boot
- If painful - 50% WB with crutches
- May ride stationary bike or elliptical with boot on.
- Boot can come off as much as the patient wishes to work on active ROM

### Weeks 4-6

- Transition into lace-up ankle brace if not painful in boot
  - Continue to use boot if there is pain
- Start formal PT
- Can bike and use elliptical with boot off with minimal resistance. If pain exceeds 3 out 10 then d/c.

### Weeks 7-9

- May d/c lace-up brace at home. Lace-up ankle brace used for "at risk" activities such as work, walking, light sports, etc.
- May advance to proprioceptive activities in PT without brace
- Start strength training activities such as lunges, squats, toe raise with brace
  - If advancing well and pain is less than 3 out of 10 may start to jog, hop and skip with brace

### Week 10-11

- Begin to jog, hop, skip and plyometric training with brace.
- Let pain and swelling guide activities

### Week 12+

- Return to sports with brace after completing the running program
- If pain level is greater than 3 out 10 patient needs to decrease intensity of activity

### Remember...

- It will take 6 months for the ligament to mature
- Patient will be able to return to sports much sooner without fear of re-injury but can expect to have discomfort and swelling for up to 6 months