

Modified Brostrom/Lateral Ankle Reconstruction protocol

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	NWB	SLS	None	Decrease pain and swelling	N/A
2-4 weeks	NWB	SLC	none	Decrease pain and swelling	Core and UE exercises
4-6 weeks	Progress WBAT (if brostrom + peroneals_ NWB (if reconstruction)	CAM boot SLC	none	AROM	Core and UE exercises AROM (plantarflexion and dorsiflexion only)
6-10 weeks	WBAT	ASO brace	AROM No eversion/inversion	Pain-free ambulation	HEP-theraband (no eversion/inversion) Isometric strengthening in neutral
10-12 weeks	WBAT	ASO brace	AROM Begin eversion, no inversion		Dynamic balance and proprioceptive training Retro walking Stationary bicycle Stairmaster eliptical
12+ weeks	WBAT	Wean from ASO brace	Full ROM May begin inversion	Normalize strength Restore A/PROM Return to sport	Close kinetic chain drills Single leg balancing Plyometrics Jogging at 16 weeks (criteria-15 single leg toe raises) Sports specific drills