



# Mid-America Orthopedics

**Dr. John Babb**

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## **BROSTROM REPAIR PROCEDURE PROTOCOL**

### **Day 1 -42 Days post op**

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- **NO FORMAL PT**

### **6-10 Weeks post-op**

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- **Brace:** CAM walker
- **Ambulation:** WBAT in CAM
- **ROM:**
  - AROM/PROM allowed to tolerance
  - Talocrural and subtalar joint mobilizations as needed
- **Strengthening:**
  - Ankle 4 way Isometrics & Isotonics
  - Isotonic Toe curl strengthening
  - General LE strengthening
- **Balance/proprioception:**
  - Tandem stance balance
  - Single leg balance
  - Rhythmic stabilization
- **Aerobic**
  - Stationary bike

### **10-12 Weeks (3 Months) post-op**

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- **Brace:** D/C CAM walker at 10 weeks post-op & transition to ankle corset
- **Ambulation:** Full Weight Bearing
- **ROM:**
  - AROM/PROM full
  - Continue talocrural and subtalar joint mobilizations as needed

- **Strengthening:**
  - Continue to progress ankle, knee, & hip strengthening in OKC & CKC
  - Squats
  - Lunges
  - Step ups
  - Step downs
  - Gait drills
  - No swimming
  - No jumping, hopping, or sports
- **Balance:**
  - Progress balance & proprioceptive training on level & uneven surfaces as tolerated
    - Rhythmic stabilization, perturbation training
- **Aerobic:**
  - Stationary Bike
  - Elliptical

### **3 Months Post-op**

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- **Brace:** Ankle corset outside of PT
- **Straight ahead running**
  - Start with 100 yds at half speed on soft level surface
  - Add 100 yds every other day
  - Work up to 1 mile or 1760 yds
- **Strengthening:** Initiate sports/activity specific strengthening
  - Pt. should have full 5/5 hip strength and 5/5 ankle strength in neutral and plantarflexed position.
  - Low-level plyometrics: stationary jumps, hops, skipping rope. Refer also to MAO plyometric program
  - Return to running drills focusing on gait mechanics without compensations or significant DOMS (see above)
  - Movement control exercises: progress from low-velocity, single-plane to higher velocity, multi-plane activities.
  - Sport-specific training

### **4 Months Post-op**

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- Advance previous sport-specific, balance, and strengthening activities
- Possible return to sport after clearance from Dr. Babb.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.