

Robert Kollmorgen DO

## **ANKLE RECONSTRUCTION / MODIFIED BRÖSTROM REPAIR / PERONEAL TENDON REPAIR**

### **Post-op 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)

– Progress to weight bearing as tolerated (WBAT)

– D/C when gait is normal

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

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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

– Theraband with increasing resistance

– Elgin

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

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Division of Orthopaedics

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Continue running progression program to track and hard surfaces

Agility drills / Plyometrics

Transition to home / gym program

### **Goals**

Return to all activities at 6 months post-op

***No sports until able to sprint figure 8's at full speed without pain***