



**THERAPY PROTOCOL**  
**BROSTROM REPAIR** (REPAIR OF ATF & CFL LIGAMENTS)  
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*Below are only guidelines. Final determinations will be based on your personal needs and lifestyle.*

<b>PHASE 1 GOALS:</b>	PT to begin post-op week 2 Pain management, protection <ul style="list-style-type: none"><li>● WBAT in CAM boot</li><li>● AROM, gentle PROM - NO inversion, easy with plantar flexion</li><li>● NO strengthening exercises</li></ul>	<ul style="list-style-type: none"><li>● Manual techniques<ul style="list-style-type: none"><li>○ soft tissue mobilizations</li><li>○ NO joint mobilizations of ankle</li></ul></li><li>● Modalities<ul style="list-style-type: none"><li>○ electrical stimulation</li><li>○ cold packs</li></ul></li></ul>
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<b>PHASE 2 GOALS:</b>	Week 4-6 ROM, quad atrophy minimization, scar mobility <ul style="list-style-type: none"><li>● WBAT in CAM boot</li><li>● AROM, PROM -- may begin gentle inversion</li><li>● Strengthening<ul style="list-style-type: none"><li>○ stationary bike</li><li>○ submaximal isometrics</li></ul></li></ul>	<ul style="list-style-type: none"><li>○ Theraband strengthening - NO inversion</li><li>● Manual techniques<ul style="list-style-type: none"><li>○ soft tissue mobilizations</li><li>○ NO joint mobilizations</li></ul></li><li>● Modalities</li></ul>
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<b>PHASE 3 GOALS:</b>	Week 6-8 Normal gait, strength progression <ul style="list-style-type: none"><li>● WBAT (CAM boot discontinued)</li><li>● ASO issued and to be worn for 1 month during normal activities, then for athletic activities only</li><li>● AROM, PROM to patient tolerance</li></ul>	<ul style="list-style-type: none"><li>● Strengthening<ul style="list-style-type: none"><li>○ closed chain</li><li>○ straight-line jogging/running</li><li>○ Theraband strengthening all planes</li></ul></li><li>● Manual techniques</li><li>● Modalities</li></ul>
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<b>PHASE 4 GOALS:</b>	Week 8-12 Return to sport or activity <ul style="list-style-type: none"><li>○ Return to sport with MD clearance</li></ul>	
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