GALLAND/KIRBY ANKLE RECONSTRUCTION / MODIFIED BRÖSTROM REPAIR / PERONEAL TENDON REPAIR
POST-SURGICAL REHABILITATION PROTOCOL

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

- High tide boot with double lateral heel wedge
- 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
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
Continue running progression program to track and hard surfaces
Agility drills / Plyometrics
Transition to home / gym program

GOAL
Return to all activities

*NO SPORTS UNTIL ABLE TO SPRINT FIGURE 8’S AT FULL SPEED WITHOUT PAIN*