

Accelerated Brostrum Repair Rehab Process.



PROGRESSIONS	INSTRUCTIONS FROM SURGEON	GOALS
STAGE A. 0-2 WEEKS	Week 0-2 POP NWB with crutches	Walking with crutches safely
	Elevate as much as possible above hip	
	• Sleeping – in POP for weeks 0-2 post-operation.	
	• Follow-ups at 2, 4, 6 and 12 weeks, 6 months post-operation.	

EXERCISES	SETS	REPS	REST	TEMPO	SESSIONS
Gait re-education, toe wriggling, knee and hip movements as required.	As required until walking comfortably and safe.				

Manual Therapy	Advice and restrictions.
Not required at this stage	

GLOSSARY:

1. POP = plaster of paris
2. NWB= non-weight bearing
3. PWB = partial weight bearing
4. WBAT = weight bearing as tolerated
5. FWB = full weight bearing
6. KTW = knee to wall
7. SL = single leg
8. DL = double leg
9. SLEO = single leg eyes open
10. SLEC = single leg eyes closed
11. OTIS = oscillating techniques isometric stabilisations
12. SHH = single horizontal hop
13. FAOS = Foot and Ankle Scoring sheet

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STAGE B. 2-4 WEEKS	INSTRUCTIONS FROM SURGEON	GOALS
	Weeks 2-4 with Aircast Boot.	WBAT with Aircast boot and crutches
	• Start PWB with crutches and increase to FWB over the next two weeks	Minimal swelling
	• Sutures removed at 2 weeks and wound check by surgeon	KTW baseline established (at week 3)
	• Sleeping - Wear Aircast boot in bed until 4 weeks post operation	
	• Showering – wear boot with cover whilst shower	
	• Start physio in Week 3.	
	≡ FAOS scoring sheet filled in	

EXERCISES	SETS	REPS	REST	TEMPO	SESSIONS
Gait re-education if required.					
isometrics ALL directions in boot	12	5 secs	2 secs	isometric	X5/day
foot intrinsics	4	30 secs	2 secs	01:01:01	X5/day
Seated leg extension machine	4	12	60 secs	04:01:01	X2/week
Seated leg curl machine	4	12	60 secs	04:01:01	X2/week
Side lying hip abduction drills (Hip burner series)	5	5 secs	45 secs	01:05:01	X2/day
SL balance in boot	4	30-60 secs	30 secs	isometric	x2/day
Bike in Aircast boot	1	20 mins	N/A		X3/week

Manual Therapy	Advice and restrictions.
Talocrural mobilisation Subtalar mobilisation Midfoot mobilisations Soft tissue massage Scar massage daily	<ul style="list-style-type: none"> ≡ Gentle TC & ST mobs, Mulligans mobilisations allowed. ≡ Do NOT mobilise fibula for 4 weeks post operation ≡ Gentle midfoot mobilisations as required. ≡ Plantar fascia, calf and peroneal release as req'd

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STAGE C. Weeks 4-6	INSTRUCTIONS FROM SURGEON	GOALS
	Weeks 4-6 with Aircast Brace.	KTW = 50 % compared to other side
	• Appointment with surgeon at 4 weeks.	Minimal swelling
	≡ FAOS scoring sheet filled in	
	• Sleeping - Wear brace in bed until 6 weeks	FWB in aircast brace with normal gait pattern
	• Out of Boot after check with surgeon at week 4	SL leg press 50% BW x 6 reps
	• Into Aircast brace and trainer at week 4.	SLEO >60 secs with brace on
	• Should be FWB in brace.	Stationary bike >20 mins, level 6+, 80+rpm with no issues

EXERCISES	SETS	REPS	REST	TEMPO	SESSIONS
Continue with exercises from Weeks 2-4.					
Dynamic KTW exercise	4	30 secs	15 secs	01:01:01	x3/day
Active DF, eversion and PF within comfort levels.	4	30 secs	5 secs	01:01:01	x4/day
Theraband plantarflexion	4	60 secs	30 secs	03:01:03	x2/day
Single leg press	4	12	60 secs	04:01:01	x2/week
Bike in Aircast brace	1	20 mins	N/A		x3/week
Seated calf raises	4	60 secs	30 secs	02:01:02	x3/day
Standing calf raises bilateral	4	60 secs	30 secs	02:02:02	x2/day
SL balance drills inc. Clock drill, SLEO, SLEC, step-up, OTIS	3	30-60 secs	L + R	N/A	x1/day
Hip drills inc. Hip shrugs.	2	25	L + R	02:01:02	x3/week
Hip bridges (feet & shoulder bridges)	2	25	30 secs	01:05:01	x3/week
Monster walks	2	60 secs	30 secs	01:01:01	x3/week
Mini-squats (on scales)	4	60 secs	60 secs	05:05:05	x3/week
Soleus and gastroc stretching	4	60 secs	L + R	isometric	x2/day
Treadmill walking program commenced week 5.					

Manual Therapy	Advice and restrictions.
Talocrural mobilisation Subtalar mobilisation Midfoot mobilisations Soft tissue & scar massage daily	<ul style="list-style-type: none"> ≡ Increase mobilisations TC. midfoot & ST mobes, Mulligans mobilisations allowed. ≡ Commence mobilising fibula as required. ≡ Plantar fascia, calf and peroneal release as req'd

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STAGE D. WEEKS 6-8	INSTRUCTIONS FROM SURGEON	GOALS
	• Appointment with Surgeon at 6 weeks	KTW = 75 % compared to other side
	• NO brace required	Normal walking gait SL leg press >= 75% BW x 6 reps
	≡ FAOS scoring sheet filled in	Double calf raise x 30 no pain SLEO > 60 secs on Airex pad

EXERCISES	SETS	REPS	REST	TEMPO	SESSIONS
Continue with exercises from weeks 2-6 increasing difficulty and load.					
Commence active inversion within comfort levels	4	60 secs	20 secs	01:01:01	x2/day
Bike interval sessions					
Standing calf raises single leg	4	60 secs	30 secs	02:02:02	x2/day
Standing isometric single calf raise	4	30 secs	30 secs	Isometric	X2/day
Theraband eversion & inversion	3	60 secs	30 secs	02:02:02	x2/day
Walking theraband resisted inversion/eversion drill	4	30 secs	30 secs	01:01:01	x1/day
x-trainer or stepper	1	20mins		N/A	x3/week
Squat	3	8 to 12	45 secs	02:01:02	x3/week
Romanian Deadlift	3	8 to 12	45 secs	02:01:02	x3/week
Lunges	3	8 to 12	45 secs	02:01:02	x3/week

Manual Therapy	Advice and restrictions.
Talocrural mobilisation Subtalar mobilisation Midfoot mobilisations Soft tissue massage Scar massage daily	<ul style="list-style-type: none"> ≡ Increase mobilisations TC & ST mobes, Mulligans mobilisations allowed. ≡ Commence mobilising fibula as required ≡ Midfoot mobilisations as required. ≡ Plantar fascia, calf and peroneal release as req'd

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STAGE E.	INSTRUCTIONS FROM SURGEON	GOALS
	<ul style="list-style-type: none"> • Driving at 8 weeks allowed if other criteria met. 	
SL calf raise x 30 over step		
KTW = >90 % of other side		
SL squat 60 degrees for 45 seconds with excellent alignment		
SL leg press >= 90% BW x 6 reps		
SHH L vs R 10%, Triple Hop L vs R 25%		
FAOS scoring sheet filled in		

EXERCISES	SETS	REPS	REST	TEMPO	SESSIONS
Continue with exercises from Weeks 2-8 ((omit those no longer required) increasing difficulty and load.					
SL calf raises over step	3	60 secs	60 secs	02:01:02	x1/day
A-drills,	2	15 secs	15 secs	x:x:x	x3/week
Pop up circles (ins & outs)	2	15 secs	15 secs	x:x:x	x3/week
Pop ups,	2	15 secs	15 secs	x:x:x	x3/week
Sprint striders onto box	2	15 secs	15 secs	x:x:x	x3/week
Box jacks,	2	15 secs	15 secs	x:x:x	x3/week
Lateral skips over box	2	15 secs	15 secs	x:x:x	x3/week
DL jumps over line	2	15 secs	15 secs	x:x:x	x3/week
Diagonals over line	2	15 secs	15 secs	x:x:x	x3/week
Fast feet over line	2	15 secs	15 secs	x:x:x	x3/week
Caricoca along line	2	15 secs	15 secs	x:x:x	x3/week

Manual Therapy	Advice and restrictions.
Talocrural, Subtalar & Midfoot mobilisation Soft tissue & Scar massage as required	<ul style="list-style-type: none"> ≡ Mobilisations as required. ≡ Plantar fascia, calf and peroneal release as req'd

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STAGE F.	INSTRUCTIONS FROM SURGEON	GOALS
	<ul style="list-style-type: none"> • Appointment with surgeon at 12 weeks. 	Running straight line with no pain
	≡ FAOS scoring sheet filled in	Running figure 8's no pain + apprehension T-test < 10 secs male, <12 secs female Triple hop L vs R 5%

EXERCISES	SETS	REPS	REST	TEMPO	SESSIONS
Continue with exercises from Weeks 2-12 (omit those no longer required) increasing difficulty and load. Running drills Hurdle drills Sports specific drills	Sport and lifestyle specific - physio and patient directed.				

Manual Therapy	Advice and restrictions.
Talocrural, Subtalar & Midfoot mobilisation Soft tissue & Scar massage as required	<ul style="list-style-type: none"> ≡ Mobilisations as required. ≡ Plantar fascia, calf and peroneal release as req'd