



**DARIN W ALLRED M.D.**  
ORTHOPEDIC SURGERY AND SPORTS MEDICINE

## Brostrom (Ankle Stabilization) Post-operative Protocol

Important: If you had a peroneal tendon repair or debridement then you should follow the Peroneal Tendon Repair/Debridement PT protocol which is very different (less aggressive)

**Week 0-2** Post op splint/CAM walker. Elevation. Weight bearing: as tolerated

**Week 2-6** Transition to functional brace. PT: Range of motion to tolerance, proprioception, strengthening

**Week 6-12** Progress to sport specific activity in functional brace

**Week 12 and beyond:** Return to sports as symptoms allow. Wean out of brace.

