



RAYMOND T. O'HARA, DPM

PODIATRIC FOOT AND ANKLE SURGEON

BROSTROM LIGAMENT RECONSTRUCTION (ANKLE LIGAMENT SUGERY)

This surgery is often referred to as a Brostrom ligament operation. This refers to repair and reconstruction of the ligaments on the outside of your ankle. These are commonly injured when the ankle is sprained and on occasions will lead to symptomatic instability needing surgery. The two ligaments commonly injured are the Anterior Talo Fibular ligament (ATFL) and the CalcaneoFibular Ligament (CFL). They attach the Fibula to the Talus and to the Calcaneus respectively and stop your ankle turning in or inverting.

This is normally an outpatient surgical procedure performed under general anesthetic. An incision is made and it is curved on the outside of your ankle. There are various repair techniques, but we use two small anchors to repair the injured ligaments back onto the fibula bone.

The surgery takes around 45 min. to an hour. The surgical incision is closed with absorbable sutures.

After the operation you will be placed in a below the knee splint or soft cast. You will not be allowed to weightbear until your first postoperative visit. We recommend the use of crutches, a knee scooter, or wheelchair.

Course of treatment:

Non weight bearing in postoperative splint for 5-7 days

1st post-op visit (5-7 days): patient will be placed in a hard fiberglass cast with walking shoe; walking is permitted as tolerated.

2nd post-op visit (3 weeks): cast will be removed, and patient will be placed in CAM boot for 3 weeks; physical therapy will also be ordered to start at 5 weeks from surgery date.

OBOA appointment:

- 2-3 weeks from 2nd PO visit brace fitting appointment will need to be made if the patient does not have brace already
- At this time, patient may transition into an ankle brace with a supportive gym shoe.

Driving: You will be able to drive after the 5-6 week mark when you're able to transition into brace and gym shoe