



ORTHOPEDIC SURGERY

Philip A. Deffer, MD
Jason C. Hough, DO
John A. Leupold, MD
Christopher J. Rierson, DO
Seth W. Harrer, MD
Andrew G. Pick, DO

PODIATRY

Timothy D. Blankers, DPM
Jesse R. Wolfe, DPM

CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

1200 1st Ave. E., Suite C
Spencer, IA 51301
Phone: 712-262-7511
800-248-4049
Fax: 712-262-3658

1525 West 5th St., Pod C
Storm Lake, IA 50588
Phone: 712-213-8050
Fax: 712-213-8015

2301 HWY 71, Suite E
Spirit Lake, IA 51360
Phone: 712-336-8708
Fax: 712-336-8115

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Modified Brostrom Reconstruction Protocol

0-3 Weeks:

Patients is NWB in a cast

3-6 Weeks:

Patient is TTWB in a walking cast

6-9 Weeks:

Patient will receive an Air Stirrup with Partial weight bearing instructions progressing to FWB slowly. Patient will utilize crutches until he/she can walk without a limp.

Exercise: Patient may being gentle ROM exercises in the air case.

- Isometrics in multiple planes and progress to active exercises in protected ranges
- Soft tissue mobilization to decrease swelling and pain
- Resisted hip exercises 4 way with thera-bands
- Gentle bicycling in splint as tolerated
- Proprioception exercises, intrinsic muscle strengthening
- Edema control, modalities

9-12 Weeks:

Patient will wear an Aircast or a brace distributed by their surgeon for protection with activity.

Exercise: Patient may gradually increase activity of exercise focusing on closed-chain and balance/proprioception

Passive and active range of motion exercises into inversion/eversion cautiously.

-Cycling, aerobic machines in splint as tolerated

3-6 Months:

Progress back to athletics based upon functional status and surgeons recommendations.

Patient will wear protective ankle brace based on their surgeons recommendations.

EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.