

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

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Brostrum-Gould Ligament Reconstruction

- *Splint and NWBing x initial 2 weeks
- *At 2 weeks casted, begin TTWbing until week 4
- *At week 6 pt is moved into boot and progressive WBing is initiated (WBing increased 25% every 4-7 days)
- *At week 9 progress transition from boot to shoe with ASO
- *At week 12-13 may begin to transition out of ASO

Phase 1 Maximum Protection (0-2 weeks)

Weeks 0-2 Ice and Modalities to control inflammation
Pt education, ADL training
Gait Training NWBing with appropriate AD
Hip and Core stabilization ex, maintaining NWBing status

Phase 2 – Early Protected Range of Motion

Weeks 2-6 Non-weight bearing in cast or Hi-top boot
Gentle active dorsiflexion and plantarflexion
Manual soft tissue mobilization, retrograde massage and scar mobilization
Modalities to control inflammation
Intrinsic muscle activation (towel curls, marble pickups)
Continue hip and core exercises maintaining WBing precautions
No inversion/eversion

Criteria to Progress: Minimal swelling, Minimal pain, Neutral DF ROM

Phase 3- Progressive Range of Motion, Strengthening and Gait

Weeks 6-7 Gait training begin progressive WBing @25% w/ AD follow progressive WBing protocol
Manual PROM, soft tissue and joint mobilization to improve ROM/joint arthrokinematics
Begin light strengthening-isometrics all planes progress to theraband exercises in DF/PF
Intrinsic strengthening (marble pick ups, towel curls etc)
May initiate aquatics-maintaining WBing progression

Weeks 7-8 Initiate gentle active inversion and eversion
Initiate gentle gastroc/soleus stretching
Begin Proprioceptive Ex (Rhythmic stab, PNF, BAPS etc OKC=>CKC, as WBing allows)
Begin stationary biking

Week 9-12 Following FWBing in Boot x 1 week, progressively transition to a shoe with ASO
Restore full active ROM
Progressive strengthening OCK=>CKC, seated=>standing, DL=>SL
Progress proprioception activities OCK=>CKC, DL=>SL

Criteria to Progress: Full AROM, Normalize gait, Good strength throughout, SL balance 30 sec

Phase 4 – Advanced Strengthening

Week 12-16 Continue with end range stretching
Progressive Proprioceptive Training for improved neuromotor control-SL dynamic training
Progressive CKC strengthening –heel raises, lunges, squats

Criteria to Progress: Excellent dynamic balance on uneven surfaces, Full LE strength, Demonstrates proper squat movement patterns, Single leg squat x 1 min, Symmetrical Y balance

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**Patient
Flow Sheet**

Brostrum-Gould Ligament Reconstruction Cont'd

Phase 5– Return to Sport

Week 16-24

Initiate run/walk program at week 16

Sport cord training

Progressive Agility and Plyometric Training at week 20

Criteria to Progress: Pass sport cord test, Runs with normal gait, Demonstrates symmetry with functional hop tests

Return to play at 4 months per physician release

Running Initiate at 12 weeks when functional criteria met

Golf Initiate at 14 weeks when functional criteria met

Pivoting/cutting sport Initiate at 12 weeks when functional criteria met

Surgeon Comments:



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