

6-12 weeks	Airsport brace If required		Cautiously begin active and passive range of movements onto inversion and eversion Promote normal gait Progress to resisted ex's through range Focus on closed chain exercises Increase proprioception work Power walking on treadmill Increase cardio-vascular work i.e. cross trainer, bike, rower Pool workouts	Normal gait pattern No swelling No pain Full range of movement by 8 weeks Full m/s strength by 12 weeks Able to single leg stand for 30 seconds
3-6 months	Ankle support If required		Start running initially on treadmill, progress to road running Plyometrics Agility work Sport specific training Progress back into sport	Proprioception equal to Contrateral Unrestricted confident Function Symptom free training

References

Hamilton. W. Thompspon, F. Snow, S (1993) the modified Brostrom procedure for lateral ankle instability. Foot and Ankle, 14(1), pp. 1-18

Shereff, M. (1993) Atlas of foot and ankle surgery. WB Saunders, Philadelphia.

<http://www.stoneclinic.com/brostrom.htm>