

Center For Athletic Medicine  
*Dr. Preston Wolin*  
Modified Brostrom Protocol  
Adopted from Robert Hamilton, M.D

~Please call 773.248.4150 with any and all questions~

**TYPE I: GYMNAST, DANCER, etc.** (needs maximum movement and is NOT heavy)

Week 1:

Initially splinted

Non-weight bearing with crutches for 5-7 days

Week 2:

CAM walker boot

Full weight bearing as tolerated till 4 weeks total following surgery

Week 5:

Air cast given after 4 weeks in CAM walker boot: This should be worn at all times except for hands on PT and swimming (to be worn while sleeping)

Week 7:

After 6 weeks, remove air cast for sleeping

Week 9:

At 8 weeks air cast eliminated per MD instructions (IF draw sign and peroneal strength good)

Begin resistance after 8 weeks

Goal to Return to Activities

90% ROM

90% Peroneal strength in plantar flexion (assessed by competent PT only)

**TYPE II: RECREATIONAL ATHLETE**

Follow Type I instructions with the following modifications:

In walking cast total of 6 weeks

At 6 weeks aircast applied for another 4 weeks

PT Instructions:

→ Active ROM exercises (resistance at 8 weeks)

→ No inversion

→ Isometric peroneal full plantar flexion

→ No CPM needed