




## HOME CARE MODIFIED BROSTRÖM REPAIR

INSTRUCTIONS FOR: Name _____	WEEKS FROM SURGERY DATE _____								
	0	1	2	4	6	8	10	12	16
>> Write your dates here 									
1) Weight bearing as tolerated in stirrup brace over surgical dressing - wean crutches as able	✓	✓							
2) Office visit: • Appointment times may vary slightly • Sutures typically come out at 2 weeks (*or at 3 weeks if you have diabetes)			✓*		✓			✓	
3) Weight bearing in stirrup brace <b>24/7</b> - <b>Note: <u>The brace must be on at all times</u></b> except showering, PT, and home exercises (sleep/shower/drive schedule below)			✓	✓	✓				
4) Sleep in brace until discontinued at 6 weeks			✓	✓					
5) Stand without brace while showering			✓	✓					
6) Driving allowed with brace (after 2-wk visit)			✓	✓					
7) Reduce pain medicine (strength, frequency)			✓	✓	✓	✓	✓	✓	
8) PT 1-3 times/week - <u>written protocol attached</u>			✓	✓	✓	✓	✓	✓	
9) Daily scar massage			✓	✓	✓	✓	✓	✓	
10) May get into pool/bath from this point forward if skin is healed				✓					
11) Discontinue stirrup brace; use only for sprain					✓				
12) Use AirSport brace (get at office visit) for all competitive sports until one year; no running or jumping till 16 weeks if required for joint rehab								✓	
13) Advance to jogging, then running/jumping and return to competitive sports									✓