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Ankle Instability (Modified Broström/Broström with Internal Brace)

What to expect following ankle stabilization surgery?

For 2 weeks following the operation, your foot and ankle will be in a splint that is custom made in the operating room. You will be instructed to maintain a non-weight bearing status and it is important to keep the foot elevated as much as possible during this time ("toes above the nose").

Clinic visit #1 (2 weeks post operatively): Dressings and sutures come off. You will transition to a CAM (air cast) boot. You are permitted to partially weight bear in the boot. You will continue to use the boot for an additional 4 weeks. A prescription will be provided to start physiotherapy. Range of motion is as tolerated however inversion exercises are avoided until 8 weeks post operatively.

Clinic visit #2 (6 weeks post operatively): You will return to clinic for a checkup. At this point, you have already been working with physiotherapy on range of motion exercises, and gradually increasing your weight bearing capacity. Going forward, once swelling permits, you may transition to a comfortable shoe or sneaker and an ankle brace.

Clinic visit #3 (3 months post operatively): You return for an additional checkup. You continue physiotherapy to maximize range of motion, restore strength, and restore normal gait. Return to sport is typically between 5 – 6 months.

Additional clinic visits take place at 6 months and 1 year post-operatively.

Frequently asked questions:

How long before I can start walking? You may start partially weight bearing in a boot 2 weeks following the operation. You will gradually progress to full weight bearing between 2 to 6 weeks following the operation.



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How long is the recovery? For most patients, it takes between 5 – 6 months to resume all their baseline athletic activities. Swelling in the foot & ankle is common and may last for several months following the operation.

How long should I expect to be off work? Most patients are off work for 6 – 8 weeks following ankle stabilization.

When can I drive? If the surgery is on the left side, most patients are able to drive 2 weeks following the operation. If the surgery is on the right side, most patients start driving 6 weeks after the operation.

What types of problems can happen with ankle stabilization surgery? Complications after ankle stabilization surgery may include recurrent instability (2-18%), nerve injury (3.8%), wound problems (1.6%). The vast majority of patients are satisfied for many years after the procedure.