

ANKLE LIGAMENT RECONSTRUCTION USING A RAPID BROSTROM REHABILITATION PROTOCOL

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Patients following ankle reconstructions are a large population in specialist orthopaedic and physiotherapy practices. It is therefore important to consider how recovery can be optimised and accelerated. We have used the same protocol from Dr. Marty O'Malley for 20 years. This surgical methodology has been modified to produce a protocol that allows accelerated rehabilitation. Our modified protocol allows for wight-bearing immediately using a post-operative ROM boot. Return to function has been halved and recovery speed is increased. However, there has been an increase in those with some co-commitment pathologies requiring re-operation and therefore risk needs to be assessed in certain cases. We propose that this modified protocol is an improved approach to allow for faster return to activities

Biography

Gordon Slater obtained an undergraduate qualification at the University of New South Wales in Sydney, Australia and is a Fellow of the Royal Australian College of Surgeons and the Australian Orthopaedic Society. He undertook advanced study in Foot and Ankle Surgery at the Hospital for Special Surgery, New York in 1997. His many publications and extensive clinical experience in foot and ankle surgery have provided opportunities as both presenter at plenary lectures and chairman of numerous international meetings. He first published in 1993 on ground breaking techniques using ceramic alumina spacers and has since then published in the Australia and New Zealand Journal of Surgery, Journal of Paediatric Orthopaedics, Foot and Ankle Clinics of North America, Foot and Ankle International, World Journal of Orthopaedics, EC Orthopaedics and the Journal of Osteoarthritis. He has over 20 years experience in various minimally invasive techniques and similar experience in advanced reconstruction in such conditions as charcot disease. At present, he is in private, clinical practice in Sydney, Australia.

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