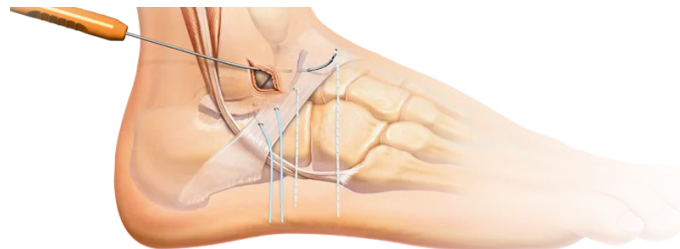


# Lateral Ankle Ligament Repair (ArthroBroström®— Arthroscopic)



The ArthroBroström® Technique – Source: Arthrex®

## What Is This Procedure?

The ArthroBroström® technique is a modern, minimally invasive repair of the lateral ankle ligaments performed through 2-3 small incisions (arthroscopic portals).

- The ligaments are repaired back to the fibula using small anchors and FiberTape® reinforcement.
- FiberTape® is made of ultra-high molecular weight polyethylene (UHMWPE) with a polyester braid, a strong, biocompatible material commonly used in orthopedic repairs.
- This approach also allows the surgeon to address cartilage or joint damage during the same procedure.

## Why This Technique?

- ✓ **Minimally invasive:** Smaller incisions and less tissue trauma compared with traditional open surgery.
- ✓ **Durable reinforcement:** FiberTape® adds stability and strength while healing occurs.
- ✓ **Accelerated recovery:** Many patients can walk immediately in a CAM boot, with recovery nearly twice as fast as older techniques.



10 days post-op—patient with healed incisions



Synthetic ligaments  
inside of the ankle

## Recovery Timeline



### Weeks 0-6

Weight-bearing as tolerated immediately after surgery with use of a CAM boot.



### Week 4

Start formal physical therapy for swelling control, motion, and strength.



### Around Week 6

Transition to normal shoes with a lace-up ankle brace if healing is on track. *If recovery is slower, continue in the boot up to 8 weeks.*



### Weeks 10-12

Most young athletes return to running, agility drills, and sports.



### 6+ Months

Adults return to higher-impact activities may take longer, sometimes up to 6 months.

## What Patients Often Notice

- ✓ Improved ankle stability and confidence on uneven ground.
- ✓ Smaller scars from the arthroscopic portals.
- ✓ Faster return to daily activities compared to traditional open repairs.



### Risks and Questions

*It's important to understand:*

All surgeries carry risks. We will review your specific risks and your personalized plan during the consent process. Please ask any questions—our goal is for you to feel fully informed and confident about your recovery.