Ankle Sprain Guidelines

General Rehabilitation Guidelines:

1. Control pain and swelling
2. Normal ROM, Proprioception and Strength
3. Return to normal ADL’s/Sports/Work

Phase I (PROM)

Goals: Full PROM
Minimize pain and swelling
Independent with HEP
Use of Assistive Device for painfree ambulation (Crutches)
Bracing to provide additional support for the ankle (Aircast/ASO)

Suggested Exercises:

- Ankle Pumps
- Ankle Alphabet
- Seated Gastroc stretch with towel
- Seated Heel/Toe raises
- Seated Toe Curls (unilateral)

Consider joint mobilizations

Home Exercise Program:
- Instruction in activity modifications
  - Compression sleeve
  - Assistive devices
  - Use of ice
- Exercise instruction

Suggested Criteria for progression to Phase II
- Independent with HEP
- Full, painfree PROM
- Able to fully WB without pain
- Pain scale of < 3/10 at worst
- Wean off ASO (except for sports/activities)
Phase II  (AROM/Resistive ROM)

Goals:  Increase ankle strength
        Discontinue Assistive Devices/Bracing
        Normal gait pattern
        Maintain full ROM
        Increase proprioception

Suggested Exercises:

- Standing Gastro/Soleus stretch
- Ankle alphabet
- Resisted (t-band) 4way ankle
  (IR, ER, DF, PF)
- Standing heel raise
- Unilateral balance (SLS on ground advancing to unstable Surface)
- Ankle Isolator
- BAPS board
- Calf raises against resistance with knees extended
- Seated calf raises with resistance
- Manual ankle resistance (all directions)
- Ankle Disk
- Biodex (for balance)

Consider Joint Mobilizations