

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