

Hays Medical Center

Ankle Sprain

Grades I, II, and III

General Principles:

This protocol was designed to provide the rehabilitation professional with a guideline of care. It should be stressed that this is only a protocol and should not be a substitute for clinical decision making regarding a patient's progression. Actual progression should be individualized based upon your patient's physical examination, progress, and presence of any complications.

PHASE I:

Week 1-2

Weight Bearing-

1. Progress as tolerated with normal gait.

Orthotics-

1. Ankle brace per physician orders for exercises and ADL's
2. Compression wrap and horseshoe as needed to control swelling

Modalities (PRN)-

1. Ice, E-stim, Compression, and Elevation as needed to control pain and swelling
2. Moist heat, warm whirlpool, and/or pulsed ultrasound after 48 hours.
3. Ice for 20 minutes following exercises throughout protocol.

ROM-

1. Passive ROM: Towel stretch for gastrocnemius/soleus.
2. Active ROM: Elevated ankle pumps, alphabet, Seated BAPS board, & Toe curling

Exercises-

1. Progressive resistive exercises as tolerated
 - a. Isometrics, theraband, and heel lifts
 - b. Plantar flexion/Dorsiflexion to begin; progress to Inversion/Eversion as tolerated.

Grade III: Hold Inversion/Eversion until Week 4

2. Stationary Bike, Upper body bike, and/or swimming for cardiovascular endurance
3. Aquatics

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PHASE II:

Week 3 – 6

Orthotics-

1. Ankle brace for rehabilitation and sport/work activities. May discontinue brace use for ADL's unless otherwise noted by physician.

Modalities (PRN)-

1. Continue only as needed.

ROM-

1. Maintain ROM

Exercises-

1. Continue/progress previous exercises.
2. Balance/proprioceptive work as tolerated.
3. Isokinetics.
 - a. 90° to 120°/second to begin
 - b. Begin with plantar flexion/dorsiflexion
 - c. Progress to Inversion/Eversion
 - d. Progress to 60°/second to 180°/second.
4. Sport/work activities.
5. Interval running program
6. DIME Warmup

PHASE III:

Week 7+

Orthotics-

1. Continue as in Phase II during competitive season or per Physician instruction

Modalities (PRN)-

1. Continue only as needed.

Exercises-

1. Continue Phase II, advance resistance and duration as tolerated.
2. Speed Isokinetic Test
 - a. 60°/second and 180°/second
3. Home Exercise Program

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