HaysMed

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. 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

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

(cont'd week 3-6)

Exercises-

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1. Continue/progress previous exercises.
2. Balance/proprioceptive work as tolerated.
3. Sport/work activities.
4. Interval running program
5. 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. Home Exercise Program

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