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
Home Exercise Program:

Continue with Phase 1 exercises
Wean off Assistive devices
Advance to more aggressive exercises (see phase 2 exercise sheet)

Suggested Criteria for progression to Phase III

Strength WNL
AROM/PROM WNL
Pain level of zero

**Phase III** (Return to sports/activities)

Goals: Advance proprioception
Begin agility drills
Single leg stance of uneven surfaces
Specific sports/lifestyle activities
Discharge from therapy

Suggested Exercises:

Single leg standing on balance board (perform bilaterally)
With ball toss
With repeated knee flexion
Sport cord
Agility ladder drills
Cariocas
Cross-over line hops
BAPS (advanced level)
Sport-specific exercise
Jumping/hopping progression