



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**
 1. Independent with HEP
 2. Full, painfree PROM
 3. Able to fully WB without pain
 4. Pain scale of < 3/10 at worst
 5. No ASO (except 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) 4-way 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**
 1. Strength WNL
 2. AROM/PROM WNL
 3. 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

Courtesy of Vanderbilt Sports Medicine