

Non-Operative Rehabilitation for Lateral Ankle Sprain

I. Phase I- Acute Phase

Goals: Minimize pain and inflammation
Restore full AROM and PROM
Begin to restore ankle proprioception

Modalities:

- Cryotherapy (20 minutes every 1-2 hrs)
- Non-thermal Ultrasound
- High-volt stimulation

Exercises:

- Compression garment and elevation
- Non-WB Gastroc/Soleus stretching
- PROM -4 directions
- Light milking massage distal to proximal
- AROM- 4 directions
- Towel gripping
- Marble Pick-up
- Weight shift- fwd/bwd, lateral
- Bike

Criteria to progress to Phase II

- 1) Full AROM/PROM
- 2) Minimal swelling

II. Phase II- Intermediate Phase

Goals: Increase weight bearing
Increase strength/ proprioception
Prepare for advanced phase and return to sport

Modalities:

- Moist Heat
- Contrast
- Ultrasound
- Low Level Laser
- Cryotherapy (post- exercise)

Exercises:

- Bike warm up
- 4 way Theraband
- Manual resistance- 4 ways
- Leg Press
- Lunge
- Calf Raise
- Seated Calf Raise
- Marble pick up
- Towel crunches
- Squats on foam
- Step downs (forward/lateral/backward) on foam

- Tilt Board squats w/ ball toss
- BOSU squats w/ ball toss
- Single leg stance on foam
- Single leg star drill
- Single leg stance on tilt board w/ plyo-toss and perturbations
- Elliptical
- Criteria to progress to Phase III
- Full Pain Free AROM
- No tenderness to palpation
- Non-antalgic gait
- No inflammation at rest or during activity
- Negative special testing

III. **Phase III- Advance Phase**

Goals: Increase strength/proprioception
Increase endurance
Prepare athlete for return to sport

Modalities:

- Moist Heat Pack
- Ultrasound
- Cryotherapy (post exercise)

Exercises:

- Bike warm up
- 4 way ankle theraband
- Manual resistance 4 way ankle
- Towel crunches
- Marble pick up
- Leg Press
- Lunge
- Calf Raise
- Seated Calf Raise
- Sport cord- lateral, diagonal, rotational
- Step downs on foam (fwd/lat/bwd)
- Lunges onto foam
- Plyometric leg press
- Plyometric lunge jumps on box
- Plyometric lunge jumps on floor
- Single/Double leg line drills
- Single leg stance on foam with ball toss
- Single leg star drill
- BOSU squats with ball toss
- Single leg stance on tilt board with plyo-toss and perturbations
- Running- fwd/bwd, side shuffle, carioca
- Criteria to progress to phase IV
- No pain or inflammation during or post activity
- Full and pain free AROM
- Satisfactory MMT

IV. Phase IV- Return to Sport

Goals: Prepare athlete for return to sport
Continue to increase strength/ proprioception
Modalities
MHP
Ultrasound
Cryotherapy (post exercise)

Exercises:

- Continue all exercises from phase III
 - Begin sport specific program
- *** Must be cleared by physician prior to returning to sport***