

General Ankle Rehabilitation Protocol

Phase 1: Acute Phase week 1

Goals: Decrease swelling
Decrease pain
Protect from injury
Maintain appropriate weight bearing status
Increase pain free ROM
Limit muscular inhibition

Treatment: (RICE) REST-ICE-COMPRESSION-ELEVATION
Modalities- electrical stimulation, ultrasound, phonophoresis,
Iontophoresis
Taping/compression wrap/ankle bracing, crutches if needed
Active range of motion in all planes (alphabet, circles, calf pumping)
Gentle isometric strengthening in all planes
Begin non-weight bearing proprioception- seated BAPS

Phase 2: 1-3 weeks

Goals: Full pain free range of motion
Pain free strengthening
Progress to weight bearing exercises
Begin proprioceptive training
Resume normal gait pattern

Treatment: Continue with phase 1 exercises
Stretching in non-weight bearing and weight bearing positions
Strengthening: 4 plane ankle Theraband
Towel sweeps
Foot Intrinsic-towel crunches, tissue or marbles pickup)
Heel and toe raises
Trampoline (weight shifting and balance activities)
Quarter squats
Joint mobilization- dorsiflexion and plantarflexion
Proprioceptive training- seated BAPS, wobble board, single limb
stance,

rocker board
Stationary bike
Modalities to reduce pain and inflammation
Aqua-jogging in pool if available
Continue cold therapy

Phase 3: Goals: week 3-5

Progress strengthening
Progress proprioceptive training
Increase endurance

Treatment: Initiate Elliptical

Treadmill walking to jogging (can incline treadmill)
Increase eccentric work
Leg press
Advance balance and proprioception exercises: single leg balance activities from stable to unstable surfaces with and without distractions ,standing BAPS with/without weights, wobble board, lateral shuffles, toe walk, heel walk, dynadisc, single leg trampoline ball catch, body blade, 5 point star, single leg squat
Agilities: begin lateral agility work
Sportscord
Carioca

Phase 4: Goals: 5 weeks +

Regain full strength
Full Range of motion
Full balance/proprioception
Prevent future injuries
Return to participation in sport activity

Treatment: Jogging progression

Advance single leg balance and proprioceptive exercises: single leg squat on
dynadisc, BOZU, dynadisc 5 point star
Agilities- grid hops, double hops, single hops, diagonals
Double leg hops, forward/backward/side to side
Single leg hops, forward/backward/lateral hops
Plyometrics: multidirectional jump drills

Note: As with all protocols, the designated time frames and exercises are for guidance only and should not limit the patient's progress or make them worse.