



Department of Orthopaedic Surgery  
Sports Medicine and Shoulder Service

## **Ankle sprain Rehab Protocol Prescription**

**Patient Name:**

**Date:**

**Diagnosis:** *Ankle sprain L / R*

Number of visits each week: 1 2 3 4

Treatment duration \_\_\_\_\_ weeks

### **Acute Rehab Phase**

Crutch use until a normal gait pattern is achieved  
Ankle bracing  
Manual therapy as indicated  
Active range of motion in all planes  
Foot intrinsic strengthening  
Gentle isometric strengthening exercises  
Modalities as indicated  
Daily HEP to also include ice, elevation, compression  
Criteria for progression to subacute phase:  
    Minimal swelling/pain  
    Near full painless range of motion

### **Subacute Rehab Phase**

Continue bracing for activity  
Manual therapy as indicated  
Continue active range of motion with light terminal stretching  
4-plane theraband strengthening  
Continue foot intrinsic strengthening  
Initiate balance and proprioception exercises  
Stationary biking and aqua-jogging in a pool (if available)  
Modalities as indicated  
Daily HEP  
Criteria for progression to functional phase:  
    Minimal swelling/pain with light activity  
    Normal pain-free gait pattern with varying speeds and surfaces

**Functional Rehab Phase**

Continue bracing for activity

Evaluate for any core and hip weakness and treat accordingly

Begin double leg squats, calf raises, and toe raises

Progress to single leg squats, calf raises, and toe raises

Advance balance and proprioception exercises

Initiate elliptical trainer and treadmill walking as tolerated, then straight plane jogging

Controlled lateral agility work

Modalities as indicated

Daily HEP

Criteria for progression to maintenance phase:

Minimal swelling/pain with functional phase activities

**Maintenance Phase**

Consider bracing for activity/sports (not mandatory)

Advanced single leg balance and proprioception exercises

Progress lateral agility exercises and advanced agility drills

Functional activity/sports-specific training

Phase out supervised rehab

Advance home strengthening program to be done daily

Encourage maintenance gym work-outs focusing on core and hip strengthening

ADDITIONAL COMMENTS: \_\_\_\_\_