

Nonoperative ankle sprain protocol

Ankle Sprain Classifications

Approximate Time to Return to Full Activity

Grade I.....1 – 2 Weeks
 Grade II.....2 – 4 Weeks
 Grade III.....8 – 10 Weeks
 Grade IV (high).....12 – 16 Weeks

ANKLE SPRAIN NONOPERATIVE PROTOCOL

	WEIGHT BEARING	FOCUS	EXERCISES	PRECAUTIONS
<i>PHASE I</i> Acute Phase	PWB + ASO ankle brace	*Control pain and swelling *Restore pain free ROM *Normal gait pattern	<ul style="list-style-type: none"> • RICE, ESTIM Massage for edema control • Pain-free active ROM in all planes • Towel scrunch and/or marble pick up • Isometric ankle strengthening • Open chain hip strengthening 	<ul style="list-style-type: none"> *Minimize joint effusion and edema *Avoid forceful DF and rotation to protect healing structures
<i>PHASE II</i> Strengthening	WBAT + ASO brace	* Full AROM * Normal gait at higher speeds	<ul style="list-style-type: none"> -Bicycle without resistance -Ankle isotonic with Theraband, seated heel raises, seated toe raises (pain free ROM), body weight squat -Double-limb standing activities on foam, standing hip isotonic 	<ul style="list-style-type: none"> *Minimal pain with activity • Minimal swelling • Pain free AROM and higher level gait
<i>PHASE III</i> Functional Strengthening	WBAT + ASO brace	Pain free functional weightbearing activity • Advance strengthening • Initiate sport specific exercise/agility	<ul style="list-style-type: none"> - continue LE strengthening -begin plyometric training -progress proprioception exercise -Begin running and functional training 	<ul style="list-style-type: none"> * D/C to HEP if: • Full functional strength, balance and proprioception • Painfree return to sports • Knowledge of injury prevention/use of functional brace as needed

HIGH ANKLE SPRAIN/SYNDESMOSIS NONOPERATIVE PROTOCOL

	WEIGHT BEARING	FOCUS	EXERCISES	PRECAUTIONS
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