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# ORTHOPEDIC **OA** ASSOCIATES

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## Ankle Sprain Rehabilitation Protocol Christian K. Kikuchi, MD

### Phase 1 (weeks 0-2)

- Rest, Ice Pack compresses, Ace wrap compresses, Elevation
- Avoid plantarflexion with inversion exercise movements

### Phase 2 (weeks 2-6)

- Transition into ankle brace if was wearing tall boot for previous 2 weeks
- Initiate outpatient physical therapy
  - Begin active and passive range of motion exercises in all planes
  - Achilles tendon stretching
  - Eversion and dorsiflexion strengthening
  - Begin proprioceptive training once pain symptoms and swelling allows
- No running / jumping
- Ok for aquatic exercise and stationary bicycle

### Phase 3 (weeks 6-12)

- Continue outpatient physical therapy
- If in sports, may wean out of brace into ankle taping
  - Non sport patients may wean ankle brace to use only during exercise
- Initiate light jogging and light impact activities
- Once able to tolerate straight line impact activities, ok to initiate lateral movement activities / agility exercises

### Phase 4 (weeks 12+)

- Increase strength and activities as tolerated