

# heekin orthopedic S P E C I A L I S T S

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## **ANKLE SPRAIN**

### **PHYSICAL THERAPY PROTOCOL**

**Note: Exercise prescription is dependent upon the tissue healing process and *individual* functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.**

#### **PHASE I: ACUTE CARE PHASE: (Generally last 24-72 hours)**

- Exercises should be performed 2-3 times each day.
- Gait Training: emphasize heel/toe gait
- Weight Shifting Activities (2-3 minutes)
- Motion and Stretching
- Bike for ROM (5-10 minutes)
- Seated Wobble Board (2-3 minutes)
- Seated Achilles Towel Stretch (2-3 minutes)
- Alphabet, Circles, Calf Pumping with ankle elevated (2-3 minutes)
- Ice with elevation (15-20 minutes)
- CRUTCHES-PWBAT - (Heel-Toe Gait Emphasized). D/C when non-antalgic gait
- BRACE/SUPPORT: Compression Tape (Open Gibney)
- DOCUMENTATION:
  - Pain Level (each eval/re-eval)
  - Neurovascular status
  - Swelling - Ecchymosis
  - Gait status - Functional Level
  - ROM
  - Status of Ankle Ligaments

#### **Criteria for Progression to Phase II:**

- Full Weight Bearing on Affected Lower Extremity Without Pain
- Swelling and Pain Controlled

#### **PHASE II: BEGINNING FUNCTIONAL PHASE:**

- CRUTCHES:WBAT - (May D/C Crutches when Gait is Near Normal)

□EXERCISE:

Bike –May progress to Nordic Track (10-20 minutes)  
Gait Training  
Functional Training /Lateral Shuffles, Carioca, Heel and Toe Walk.  
Cone Walking, etc. (3-5 minutes)/Treadmill walking progression  
Motion and Stretching, Gastroc and Soleus Stretching - Wedge Board  
(3-5 minutes)  
Alphabet, Circles, Calf Pumping with ankle elevated (as needed)

□Strengthening

Eversion in Plantar Flexed Position (3 sets of 30)  
Heel Raise Progression (3 sets of 30)

□Proprioception / Balance Training

Standing Wobble Board (BAPS) - (3-5 minutes)  
One Legged Standing Exercises - (3 exercises for 2-3 minutes each)  
Stork Stand, Airplane, Opposite Leg Sports Cord,  
Body Blade, Plyoball, Trampoline Ball Catch

□Ice with elevation (15-20 minutes)

BRACE/SUPPORT:Ankle Taping For Support (only as needed)

**NOTE:Criteria for Progression to Phase III:**

1. *Single Leg Hopping is Pain Free*
2. *Ankle has Full ROM*

**PHASE III: INTERMEDIATE FUNCTIONAL PHASE:**

□EXERCISE:

□Warm-up on bike or stairmaster and do general LE stretching (5-6 minutes)

□Functional Training Progression (4 Exercises - 2-3 minutes each)

Lateral Shuffles, Carioca Jog, Figure 8 Jog, Zigzag Jog  
Plyoball hop, Trampoline hop, Cone Hop, Jumping Rope

□Strengthening

Eversion in Plantar Flexed Position to Muscle Failure (3 sets of 20)

□Proprioception / Balance Training

BAPS (3-5 minutes)  
Body Blade, Sports Cord, Airplane - Eyes Closed (3-5 minutes total)  
Jogging Progression

□Ice as needed (10-15 minutes)

□BRACE/SUPPORT:Ankle Taping For Support (only as needed)

□DOCUMENTATION:

Pain Level  
Swelling - Ecchymosis  
Gait status - Functional Level  
ROM  
Strength  
Status of Ankle Ligament

**NOTE: Criteria for Progression to Phase IV:**

1. *Lateral Hop is > 80% contralateral side*
2. *Ankle has Full Strength*
3. *Jog 1-2 miles without limp/pain*

**PHASE IV: ADVANCED FUNCTIONAL PHASE:**

□EXERCISE:

- Warm-up on bike or stairmaster and do general LE stretching (5-6 minutes)
- Functional Training Progression (4 Exercises - 2-3 minutes each)  
Grid Hop, Carioca run, Figure 8 Run, Crossover Cut, Zigzag Hop,  
Plyometric Directional Hop, Straight Cut, Side to Side Hop
  - Proprioception / Balance Training  
BAPS (3-5 minutes)  
Body Blade, Sports Cord, Karate Stand – Eyes Closed (3-5 min total)
  - BRACE/SUPPORT: Ankle Taping For Support (only as needed)

**GOALS:** *Functional Testing - Lateral Hop  $\geq$  90% contralateral side*