

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*