

## **Ankle Pain/Ankle Sprain/Tendonitis/Arthritis**

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

*Patient can be progressed through phases of protocol more rapidly than time frames given, as tolerated.*

### **Phase I: 0 – 3 weeks**

#### **Goals for Phase I:**

1. Swelling and pain control
  2. Functional ROM
  3. Normal gait
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- A. Orthotics: Rocket-soc or air-cast for stability as needed, more severe sprain may require a walking boot
  - B. Gait-training: If patient is using crutches, patient should be progressed from WBAT with crutches to FWB without crutches
  - C. ROM: Work to restore full A/PROM
  - D. Strengthening: Begin with AROM, progress to PRE's (isometrics, thera-band, heel lifts etc), weight-bearing activities as tolerated, conditioning activities (bike, treadmill)
  - E. Soft tissue management: swelling control, desensitization
  - F. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

### **Phase II: 3 – 6 weeks**

#### **Goals for Phase II:**

1. Normal ROM
  2. Good strength
  3. Begin work/sports activities
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- A. Orthotics: Continue as directed by the physician
  - B. ROM: Continue ROM as needed
  - C. Strength: More aggressive PRE's, weights, single leg activities etc.
  - D. Balance/Proprioception: Single leg stance activities, balance beam, BAPs board etc.
  - E. Functional activities: Begin sports/work activities (climbing, stairs, jogging, carioca's, triple jump, zig-zags etc.)

### **Phase III: 6 weeks to release**

#### **Goals for Phase III:**

1. Normal strength
  2. Return to work/sports
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- A. Continue strengthening/conditioning/functional activities as needed