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**Ankle sprain Rehab Protocol Prescription**

**Patient Name:**

**Date:**

**Diagnosis: *Ankle sprain L / R***

Number of visits each week: 1 2 3 4

Treatment duration \_\_\_\_\_ weeks

**Acute Rehab Phase**

- Crutch use until a normal gait pattern is achieved
- Ankle bracing
- Manual therapy as indicated
- Active range of motion in all planes
- Foot intrinsic strengthening
- Gentle isometric strengthening exercises
- Modalities as indicated
- Daily HEP to also include ice, elevation, compression
- Criteria for progression to subacute phase:
  - Minimal swelling/pain
  - Near full painless range of motion

**Subacute Rehab Phase**

- Continue bracing for activity
- Manual therapy as indicated
- Continue active range of motion with light terminal stretching
- 4-plane theraband strengthening
- Continue foot intrinsic strengthening
- Initiate balance and proprioception exercises
- Stationary biking and aqua-jogging in a pool (if available)
- Modalities as indicated
- Daily HEP
- Criteria for progression to functional phase:

Minimal swelling/pain with light activity  
Normal pain-free gait pattern with varying speeds and surfaces

### **Functional Rehab Phase**

Continue bracing for activity  
Evaluate for any core and hip weakness and treat accordingly  
Begin double leg squats, calf raises, and toe raises  
Progress to single leg squats, calf raises, and toe raises  
Advance balance and proprioception exercises  
Initiate elliptical trainer and treadmill walking as tolerated, then straight plane jogging  
Controlled lateral agility work  
Modalities as indicated  
Daily HEP  
Criteria for progression to maintenance phase:  
    Minimal swelling/pain with functional phase activities

### **Maintenance Phase**

Consider bracing for activity/sports (not mandatory)  
Advanced single leg balance and proprioception exercises  
Progress lateral agility exercises and advanced agility drills  
Functional activity/sports-specific training  
Phase out supervised rehab  
Advance home strengthening program to be done daily  
Encourage maintenance gym work-outs focusing on core and hip strengthening

ADDITIONAL COMMENTS: \_\_\_\_\_

### **Concerns or questions:**

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**Physician Signature:**