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**REHAB PROTOCOL: ANKLE SPRAIN**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**ACUTE PHASE**

- Cryotherapy (ice, ice massage, ice bath/whirlpool, Cryocuff)
- Compression (Jobst intermittent compression)
- E-stim, Ultrasound
- ROM / Flexibility / CPM
- NWB – PWB proprioception activities
- Maximum protection – splint, taping, Aircast

**INTERMEDIATE PHASE**

- ROM / Flexibility
- Isometrics for inversion/eversion
- Isotonics for plantar/dorsi flexion
- Functional activities (squat-type exercises, BAPS, Sportcord drills)
- Stationary cycling
- Aquatrex walking
- Retro ambulation
- Limited functional activities
- Cryotherapy
- Moderate protection (during activities and ADL)

**LATE PHASE**

- Isotonics in all planes
- Isokinetics in all planes
- Advanced functional activities (Sportcord, lateral step-ups, BAPS with intrinsic loading, Fitter, Euroglide)
- Stationary cycling
- Begin Retro program
- Aquatrex running
- Treadmill forward and retro
- Stairmaster, Versaclimber as tolerated
- Flexibility activities
- Limited functional / sporting activities
- Cryotherapy
- Minimal (sporting activities only)

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**FINE TUNING PHASE**

- Aggressive functional activities (Sportcord, Plyometric-type activities, Agility activities)
- Eliminate strength deficits
- Full return to sporting activities
- Isokinetic test
- Functional test

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_