General Principles:
The total length of rehabilitation will vary depending on the following factors: severity or acuteness of injury, age, health or personal goals of patient.

PHASE I Weeks 0 - 2:
Weight Bearing
1. Progress as tolerated with crutches in boot or orthosis ordered by physician.

Modalities
1. Ice and electrical stimulation
2. Compression and elevation as needed to control pain and to control swelling.
3. Moist heat, warm whirlpool and/or pulsed ultrasound after 48 hours.
4. Ice for 20 minutes following exercises throughout protocol.

Orthotics
1. Ankle brace per physician orders to be used for exercises and activities of daily living (ADL’s).
2. Less stable injuries may require a walking boot per physician.

Exercises
1. Passive range of motion: Towel stretch for gastrocnemius/soleus.
2. Active range of motion: Elevated ankle pumps, ankle alphabet, seated BAPS board and toe curling.

PHASE II Weeks 3 - 6:
Modalities
1. Continue only as needed.

Manual
1. Soft tissue mobilization with and without tool assist to help promote surrounding tissue release
2. Gentle joint mobilization for ROM assist

Orthotics
1. Ankle brace for rehabilitation and sport/work activities. Discontinue for activities of daily living (ADL’s) unless otherwise noted by physician.

Exercises
1. Continue/progress previous exercises as tolerated.
2. Isometrics.
3. Heel lifts.
5. TheraBand™ exercises - light tubing
6. Stationary bike, upper bike, Nu-step, and/or swimming for cardiovascular endurance.
7. Aquatics as needed
8. Balance/proproprioueptive work as tolerated.
9. Week 6:
   a. May begin resistive inversion/eversion exercises as appropriate.
   b. Progressive resistive exercises as tolerated.

**PHASE III Weeks 7 - 10:**

**Modalities**
1. Continue only as needed.

**Manual**
1. Soft tissue mobilization with and without tool assist to help promote surrounding tissue release
2. Gentle joint mobilizations for ROM assist

**Orthotics**
1. Continue as in Phase II.

**Exercises**
1. Continue Phase II exercises, advance resistance and duration as tolerated.
2. Begin sport/work activities.
3. Elliptical/ARC Trainer
4. Functional sports testing- jump and hop tests.
5. Begin interval running program as tolerated.
6. Home exercise program.
7. Consider dismissal with physician approval.