



## LATERAL ANKLE INSTABILITY Grade 3

### 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. The patient may be progressed through the phases of the protocol more rapidly than time frame given, as tolerated.

### PHASE I Weeks 0 - 2:

#### Weight Bearing

1. Progress as tolerated with normal gait.

#### Manual

1. Soft tissue mobilization with and without tool assist to surrounding tissues to promote tissue release

#### Modalities

1. Ice, electrical stimulation, compression and elevation as needed to control pain and to control swelling.
2. Moist heat, warm whirlpool and/or pulsed ultrasound after 48 hours.
3. 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). Severe injuries may require a walking boot per physician.
2. Compression wrap and horseshoe as needed to control swelling.

#### 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.
3. Progressive resistive exercises as appropriate.
  - a. Isometrics, TheraBand™ and heel lifts.
  - b. Plantar flexion/dorsiflexion to begin; progress to inversion/eversion as tolerated.  
**Hold resistive inversion/eversion until Week 4.**
4. Stationary bike, upper bike, Nu-step, and/or swimming for cardiovascular endurance.
5. Aquatics

### PHASE II Weeks 3 - 6:

#### Manual

1. Continue as needed

#### Modalities

1. Continue only as needed.

### 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.
2. Balance/proprioceptive work as tolerated.
3. Week 4 — May begin resistive inversion/eversion exercises.
4. Begin sport/work activities.
5. Begin interval running program.
6. Elliptical/ARC Trainer

## **PHASE III Weeks 7 - 10:**

### Modalities

1. Continue only as needed.

### Orthotics

1. Continue as in Phase II.

### Exercises

1. Continue Phase II exercises, advance resistance and duration as tolerated.
2. Home exercise program.