



# orthopedic ONE

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## General Ankle Rehab Protocol

### **Phase I:**

#### Goals:

Decrease pain,  
Decrease edema and inflammation  
Increase pain-free range of motion and stimulate collagen alignment Prevent kinesthetic shut down  
Patient education

#### Plan:

Modalities as needed: ice; electrical stimulation; phonophoresis;  
Iontophoresis/electrical stimulation  
ROM: stretching, self-assisted stretches, joint mobilization/ PROM, AROM Strengthening:  
isometrics, T-Band, manual resistive exercises  
Initiate balance and proprioceptive exercise in non-weight bearing positions: -sitting BAPS drills  
Aquatic therapy  
Stationary bike as able

### **Phase II:**

#### Goals:

Increase to full range of motion and diminish swelling Increase strength to good-normal  
Normalize gait and progress to weight bearing exercise Improve kinesthetic and neuromuscular control

#### Plan:

Modalities PRN  
Stretching in weight bearing and non-weight bearing positions  
Strengthening: advance with Phase I: calf strengthening with weight and in weight bearing positions. BAPS sitting and standing, progressive trampoline (weight shifting and balance activities), initiate hip and knee strengthening Proprioceptive exercise  
Stationary bicycle, advance to EFX, treadmill

## **General Ankle Rehab**

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### **Phase III:**

#### **Goals:**

Increase strength

Increase proprioception

Increase endurance

#### **Plan:**

Continue advance strengthening: progressing weights

Begin plyometric drills

Advance proprioception: trampoline drills, jumping

Agility drills: side stepping, cariocas, backpedaling, circle running, and figure eights sports cord

Stairmaster, treadmill, walk-run, interval training

Sport specific activities (i.e. soccer drills)