

Ankle Rehabilitation

Phase 1

Goal of Phase of reduce swelling and pain and increase ROM

Ice

Modalities of Choice

Towel stretch (3 x 30sec)



ABC's



Towel Scrunches



Seated heel raise



Athlete must have minimal to no swelling and an increase of ROM

Phase 2

Goal of Phase is to increase ROM and increase strength

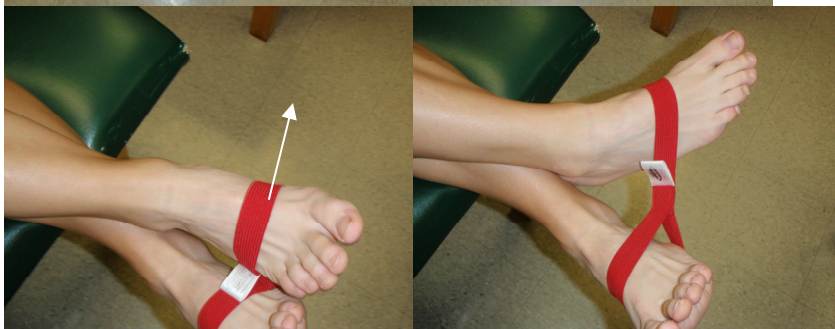
Continue towel stretch

Marble or rock pick up

Ankle Strengthening - All directions



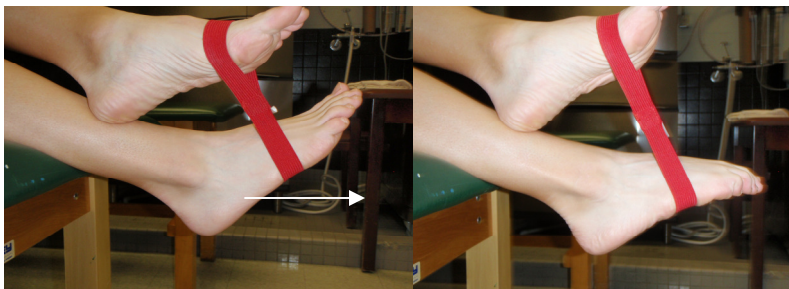
Eversion



Inversion



Dorsiflexion



Plantarflexion

Heel Raises



Toe Raises



Balance (Stable)



Cardio Machines

Athlete must have full ROM and 50% of strength to advance

Phase 3

Goal of Phase is to increase strength and proprioception

Increase difficulty of Ankle Tough Band

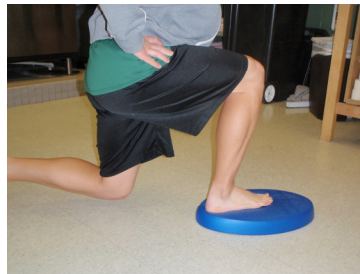
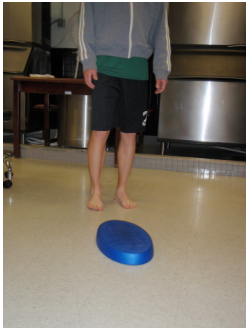
The Bob (Heel Raise)



Balance (Unstable)



Cone touch (Stable then Unstable)
Lunge with unstable surface



Cardio – Progress to Straight ahead running

Athlete must have full ROM and least 85% strength to advance

Functional Phase

Goal of Phase is to return to function and sport specific activity

All exercises with Phase 3 but increase in difficulty and reps

Bounding

Dot Jump

Zig-Zag Running

Plyo-jumps

Squat Jumps

Athlete must have normal movement patterns to be cleared