



New West Sports Medicine

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ACUTE ANKLE INVERSION SPRAIN PROTOCOL

Goals Following an Ankle Inversion Sprain...

- **Protect** the ankle by avoiding uncontrolled situations, and lateral movements or forces
- Control **pain & swelling** by following the P.R.I.C.E. principle
- Begin **weight bearing** as you are able, providing there is no pain. Crutches should be used for walking if you cannot walk normally (no limp) without them
- Maintain/regain ankle **range of motion** with active movement (your muscles do the work) and gentle passive stretching of the calf. Do not stretch into the direction of injury.

The P.R.I.C.E. Principle Immediately after Injury...

Protection	Protect the ankle from further injury by avoiding high speed and uncontrolled movements. Use crutches or brace if needed.
Rest	Rest the injured ligament by avoiding sideways motions. Control pain and swelling with frequent rest & limiting standing/walking (< 20 min).
Ice	Apply ice to the outside of the ankle for 10 -15 minutes (removed ice when the skin is pink and numb). Ice after exercising.
Compression . . .	Compression can be applied using a tensor wrap, ankle brace or athletic tape. This will help control pain & swelling. Ensure normal circulation.
Elevation	Elevate the leg to help control pain & swelling. Support the entire lower leg & foot. This is a great position to ice in.

Initial 10 Rehabilitation Exercises...

1. **1 Leg Balance:** (15 sec. to 1 min.) (use a support if you cannot stand on one leg)
2. **Stationary Cycling:** use the pedal motion to assist ankle motion. 80 - 90 rpm. (10 to 30 min. daily)
3. **Active Range of Motion:** move ankle in all 4 directions, no resistance or pain. (15 each dir., twice daily)
4. **Wall Slides:** laying on your back, slide your feet up and down the wall, getting as much ankle movement as possible.
5. **Calf Stretch:** stand at a counter with your forefoot on a book. Gently bring your hips toward the counter (3 x 30 sec.)
6. **Squats:** stand with feet parallel, squat with both legs to stretch the achilles tendon. (3 x 15 reps)
7. **Inner-Tube Exercises:** in sitting, use an inner-tube to resist movement in all 4 directions. Make sure you move only the ankle, and are in control throughout the exercise. (10 x each dir., repeat 3 sets)
8. **Heel Raises:** up & down with 2 legs (3 x 15 reps). Progress to raising with 2 legs & lowering with 1 leg.
9. **Gait Exercises:** marching, power walking, heel and toe walking.
10. **Ice:** after exercising (10 - 15 min.)

Note: Before **running**, you should be able to power walk or cycle for 20 - 30 min. without pain.