

ActivFit Physiotherapy

ABN 201 968 80687

Ken Raupach M.Sc., Grad Dip Manip Ther.

Prov No. 2005483K

Studio 2 upstairs
2-8-Ennis Rd
Milsons Point
NSW 2060
Ph 99222310

Ankle Rehabilitation

Immediately **PRICE**, ie rest, ice, compression, elevation, protect with Tubigrip/strapping before leaving game or crutches if needed. Anti-inflammatories as prescribed. Xrays as per Ottawa protocol.

Date of Injury

.....

Day performed

Day 1-3 rest with limited walking, **active exercises** of inversion (in), eversion (out), flexion (up) and extension (down), circumduction (circles both ways) and alphabet with big toe.

.....

Day 3-7 physiotherapy session to assess ankle and monitor program, **massage** mobilisation, increased activity walking, cycling; **Theraband exercises, balance exercises** progressing to eyes shut, rotating body, catching balls etc, calf muscle stretches

.....

.....

.....

Day 5-9 increase walking speed to **jogging** as pain allows, strong **calf stretches**, peroneal muscle stretches and nerve stretches, complex balance exercises

.....

Progress wean off daily taping for sport only
hopping front to back then side to side
as pain allows increase jogging speed to 80%
Add **swerve running** slow to fast
Circle running sprain on inside of circle
Circle running both directions
Figure 8 running to **sprints** figure 8 around goal posts
Piggyback swerve running
Return to **full training** for at least 2 full contact sessions prior to return game

.....

.....

.....

.....

.....

Tape sprained ankle for at least 4 weeks after return to sport and wean off as required. Always stretch peroneals and calf, **wobble board and hops to warm up prior to taping.**