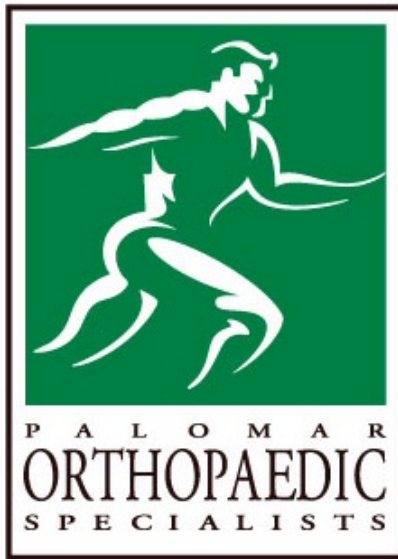




Dr. O'Meara's

Ankle Sprain
Rehabilitation Protocol
www.PalomarOrtho.com



Ankle Sprain **Rehabilitation Protocol**

Begin and End each Exercise Session with Application of Ice.

Motion:

AROM & PROM
Stationary Bicycle
Heel Cord Stretching

Strengthening:

Eversion Strengthening
Dorsiflexion Strengthening
Inversion Strengthening
Calf Strengthening

Proprioception:

Balance Board
BAPS (Biomechanical Ankle Platform System); Wobble Board
One Leg Stance Balance Exercises

Motion

AROM & PROM

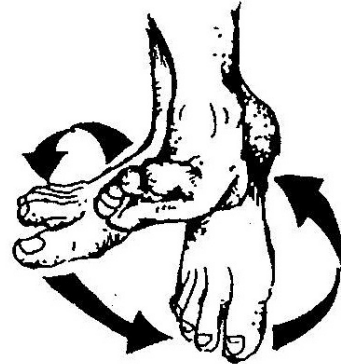
Stationary Bicycle

Heel Cord Stretching



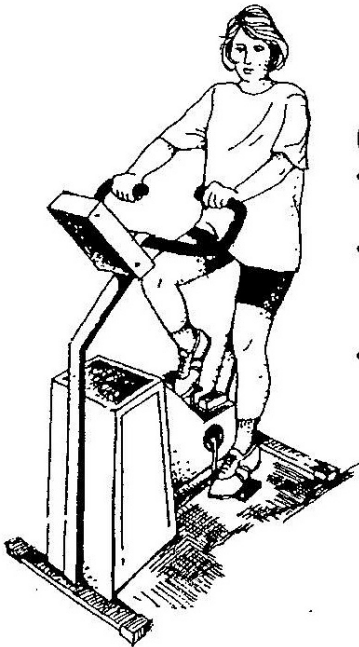
Ankle Circles

Help you regain range of motion in your ankle. Simply circle your foot slowly, five times in each direction, making each circle as large as you can.



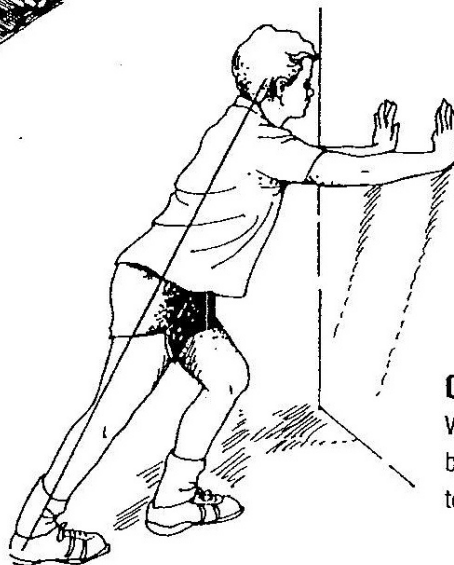
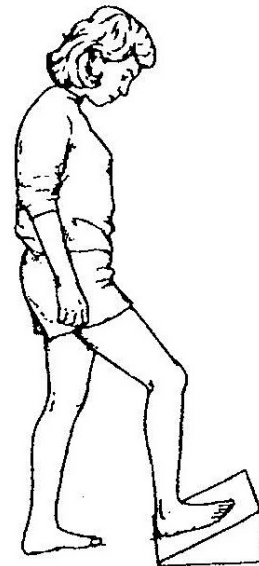
Range of Motion

While sitting on a sturdy table, write the letters of the alphabet in the air pretending your toes are the pencil.



Cycling

- Adjust the seat so that your lower leg is only slightly bent.
- Pedal for 10 to 20 minutes. Start slowly, then gradually increase your speed.
- Keep the tension set low.

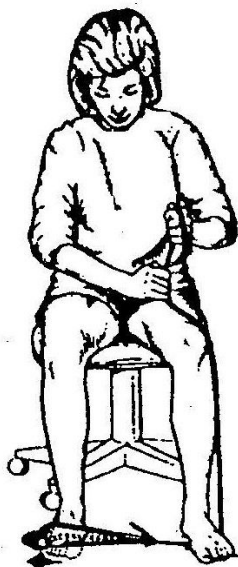


Calf Stretch

With your back heel on the ground, bend your front knee and lean toward a wall.

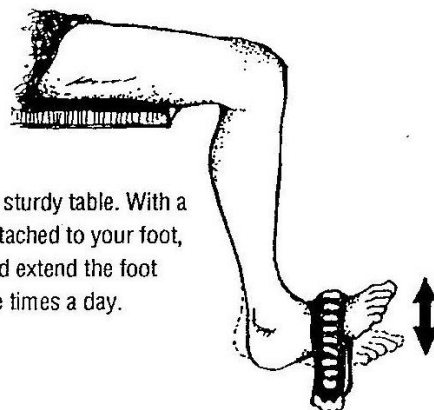
Strengthening

Eversion Strengthening
Dorsiflexion Strengthening
Inversion Strengthening
Calf Strengthening



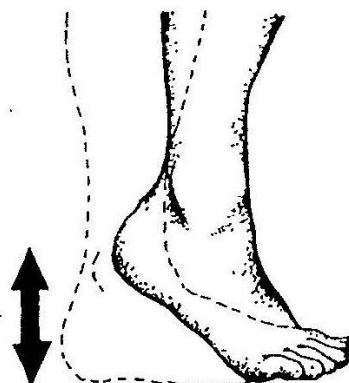
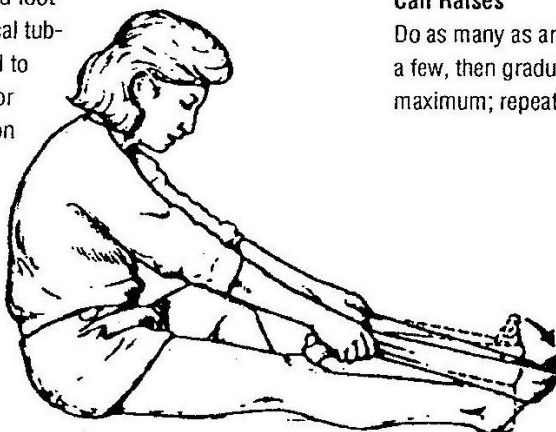
Ankle Curls

Sit on the side of a sturdy table. With a 10-20 lb. weight attached to your foot, alternately raise and extend the foot until tired. Do three times a day.



Elastic Bands

A number of muscle strengthening exercises employ a length of surgical elastic tubing, against whose pull the muscles are tensed. To strengthen the evertors of the ankle, for example, the patient (seated on a chair) places the affected foot inside a loop of tubing that has a long free end, passes the extra length of tubing under the other foot to secure it in place, and, bringing up the free end of the elastic and bracing it against the contralateral knee, pulls on it while attempting to evert the affected foot against that resistance. Surgical tubing exercises also can be used to strengthen the dorsiflexors. For this exercise, the patient sits on a table with legs dangling and flexes the foot dorsally against the resistance of a loop of elastic tubing secured to the table leg.



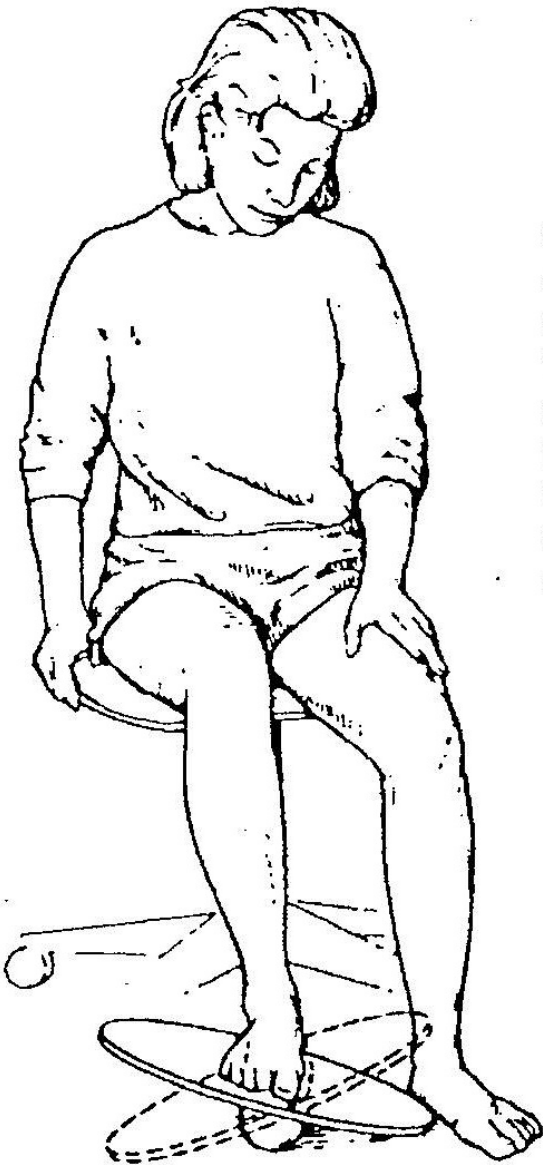
Calf Raises

Do as many as are comfortable; start with a few, then gradually work up to your maximum; repeat three times a day.

Proprioception:

Balance Board

BAPS (Biomechanical Ankle Platform System); Wobble Board
One Leg Stance Balance Exercises



Wobble board

An additional aid is a patented disc-shaped board on a rocker, the multi-directional wobble board. The patient places the foot with the injured ankle on this board and performs ROM exercises (again first seated, then standing when comfortable). Work with this aid is valuable for muscle strengthening and proprioception, as well as for developing ROM.