

RSH Physical Therapy
1601 Main Street # 602
Richmond, TX 77469
281.341.2874

Houston Orthopædics & Sports Medicine
1601 Main Street # 601
Richmond, TX 77469
281.565.8800

OakBend Medical Center
1705 Jackson Street
Richmond, TX 77469
281.341.3000



David Edell, LAT, ATC, CSCS

Cellular: 713.858.3802 • Fax: 281.341.3012 • E-Mail: dedell@athleticadvisor.com

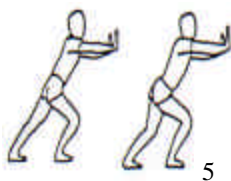
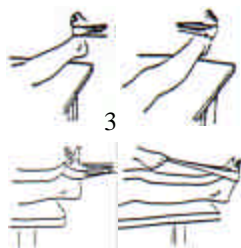
Essential Ankle Rehabilitation Protocol

General Treatment

1. **ICE** application for 20 minutes every 60 to 90 minutes the first two days after injury. Before and after exercise from that point forward.
2. **COMPRESSION wrap** or Aircast® stirrup brace applied to control swelling and motion.
3. **ELEVATE** the ankle above the knee as often as possible.
4. **ANTI-INFLAMMATORY** medication (Advil® or Aleve®) to reduce swelling in accordance with package directions.

Exercises

1. **ABC's:** Use big toe as a pencil, write letters of the alphabet moving ankle and foot only. Repeat as often as possible.
2. **BALANCE:** Stand on affected leg only, near an object that can be used to regain balance if you begin to fall. Perform this for 5 minutes. When it becomes easy, perform with eyes closed.
3. **THERABAND:** Using an this elastic band perform the following exercises to increase strength in the muscles of the affected ankle.
 - A. **Inversion:** Loop band over ball and instep of foot. Turn ankle & foot (not leg) inward as far as possible. Repeat 30 to 60 times one time daily.
 - B. **Eversion:** Loop band over outside edge of foot just below the toes. Turn ankle & foot (not leg) outward as far as possible. Repeat 30 to 60 times one time daily.
 - C. **Dorsiflexion:** Loop band over top of foot at base of toes. Pull foot and toes up toward shin as far as possible. Repeat 30 to 60 times one time daily.
 - D. **ABC's:** Loop band around ball and sole of foot while holding ends of the band. Write ABC's with, moving only foot and ankle, as in #1. Perform 1 to 2 sets of the alphabet one time daily.
4. **CALF RAISES:** Stand with feet shoulder width apart and toes pointed forward. Left heels off of the floor as high as possible. Slowly lower heels to the floor and repeat as described below.
5. **CALF STRETCHING:** Stretch Calves, with the back knee bent and straight, 3 to 4 times daily.



	Week 1	Week 2	Week 3	Week 4
Monday - Tuesday	3 x 10	3 x 10	3 x 10	3 x 10
Wednesday - Thursday	3 x 15	3 x 15	3 x 15	3 x 15
Friday - Saturday	3 x 20	3 x 20	3 x 20	3 x 20
	Both Legs	2 Legs, Toes Elevated	1 Leg	1 Leg, Toes Elevated

Perform these exercises for 4 weeks to ensure a full return to participation!