



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.

Immediate Treatment Follows the P.R.I.C.E. Principle...

Protection	Protect the ankle from further injury by avoiding high speed and uncontrolled movements. Use crutches, or an ankle brace if needed.
Rest	Rest the injured ligament by avoiding sideways movement. Avoid standing or walking > 20 min. at a time. Frequent rests with elevation will help control pain & swelling.
Ice	Apply ice to the affected area for 10 to 15 minutes, making sure the ice is removed once the skin turns pink and is numb to touch. Always ice after exercising. (crushed ice, frozen peas or gel pack can be used)
Compression .	Compression can be applied using a tensor wrap, ankle brace or athletic tape. Compression is effective in controlling pain & swelling, when you are standing or walking. Ensure circulation is maintained.
Elevation	Elevate the leg to help to control pain & swelling. Support the entire lower leg and foot. This is a great position to ice in.

Initial 10 Rehabilitation Exercises...

1. **1 Leg Balance:** (15 sec. □ 1 min.)
(use weight shift against a counter if unable to stand on the injured leg)
2. **Stationary Cycling:** use the pedal movement to assist ankle motion.
80 - 90 rpm. (10 □ 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 with injured leg behind other, gently press down with the heel of back foot (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 10 reps). Progress to raising with 2 legs & lowering with 1 leg, then up & down with 1 leg.
9. **Gait Exercises:** marching, power walking, heel and toe walking
10. **Ice:** after exercising (10 - 15 min.)

Note: Before returning to **running**, you should be able to power walk, cycle, or use a stair master for 20 - 30 minutes without pain.