

SPRAINED ANKLE REHABILITATION

Initial

For the first two days use I.C.E.: (i.e. ice, compression, and elevation).

1. Apply ice in a bag covered with a wash cloth for 20 minutes 4–6 times daily.
2. Keep the ankle wrapped with an ace wrap.
3. Keep the ankle elevated at least at heart level or higher.

Rehabilitation

1. You may use for pain Aleve (2 tablets, 2 times daily) or ibuprofen (200 mg – 3 tablets four times daily) along with Tylenol (acetaminophen 500 mg. up to 2 tablets four times daily). If you need more pain control after using these, call the office.
2. Exercises—Do heel raises and toe raises daily. You will be shown how to do these.
3. You may use crutches for assistance. Walk with as much weight on the affected ankle as you can tolerate. Weight bearing and motion promote the healing process.
4. After you can walk without crutches, do so and continue to use some support for the ankle for at least one month.

For Athletes

To rehabilitate the ankle for athletics and to determine readiness to play, do the following:

1. When you can walk without crutches without limping, start running in straight lines.
2. After you can run in straight lines without a limp, run in circles in both directions.
3. After you can run circles without limping, start running figure eights in both directions. Make the figure eights progressively smaller and also run them faster.
4. When you can run tight figure eights, without a limp, you are fit to return to practice and competition.
5. For the first four weeks, you should wear some kind of ankle support all the time. A good example is a lace up ankle brace. Then, for the next four weeks you should use an ankle support when you are doing some type of sports.