



ACUTE ANKLE INJURY PROTOCOLS

BACKGROUND

Swelling Reduction

- Use an **ACE WRAP** to reduce swelling around your ankle.
 - o Start at your toes and wrap half way up your lower leg.
 - o Tension should be tighter around your toes and loose on your leg.
- Using a **HORSE SHOE** can keep the swelling out of important areas.
 - o
- Wear your wrap 24/7.
- Remember to elevate you ankle **above your heart** to encourage a decrease in swelling

- Ice Therapy

- **Ice injured ankle 15 min every 2 hours.**
 - Ice bucket is most effective.
- Ice packs should be combined with elevation of the ankle.
- Place a hand towel or cloth napkin between the skin and the ice
- (Continue Ice Therapy until swelling resolves)



INCREASE RANGE-OF-MOTION: START



Ankle Pumps

Point foot away from body, curl toes.
Pull foot toward body, extend toes.
Speed doesn't matter. Slow steady pace.

Frequency: 2 sets x 5m. Three times a day.
Goal: Increase Plantar/Dorsi flexion of the Ankle

Ankle Alphabet

Imagine your big toe as a pencil.
Trace the capital letters of the alphabet.
Use big, loopy, motions.

Frequency: 2 sets, A--Z. Three times a day.
Goal: Increase all motions of the Ankle.

FOOT STRENGTH EXERCISES:



Towel Toe Pulls

Use a medium sized towel.
Place a 1 lb weight at the end.
Use toes to grab towel and pull it toward you.
Repeat **FIVE** Times

Frequency: 1 set. Three times a day.
Goal: Increase strength of toe/foot flexors.



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START NOW

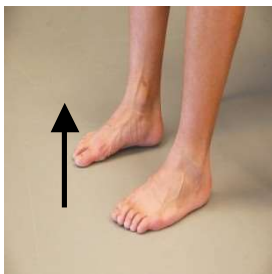


Toe Pick-Ups

Cut 20 1" x 1" foam squares.
Pick up one---by---one with toes.
Drop into a cup. Repeat.

Frequency: 2---3 sets. Three times a day.
Goal: Increase strength of toe/foot flexors.

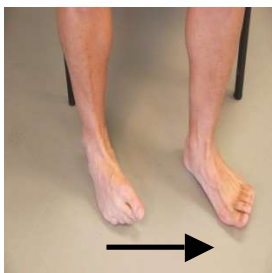
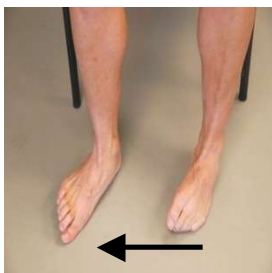
ANKLE STRENGTH EXERCISES: START WHEN PAIN DECREASES



Toe Taps

Seated in chair, feet shoulder width apart.
Keep heels on ground, lift toes up.
Repeat until fatigue. Steady pace.

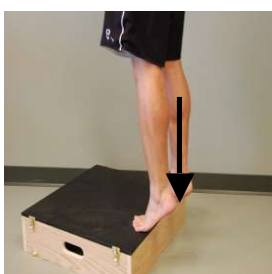
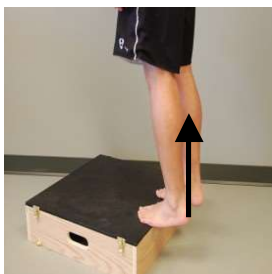
Frequency: 1 set. Three times a day.
Goal: Increase strength of Tibialis Anterior Muscle.



Windshield Wipers

Seated in chair, feet shoulder width apart.
Keep heels on ground, lift toes to the right.
Lower. Lift toes to the left. No movement at the knees.
Repeat until fatigue. Steady pace.

Frequency: 1 set. Three times a day.
Goal: Increase strength of Peroneal & Posterior Tibialis Muscles.



Calf Raises

Start with two feet, progress to single foot.
Rise up on your toes. Hold ONE sec, slowly lower.
Repeat.

Frequency: 2 sets x 10---12 reps. Three times a day.
Goal: Increase strength of Calf muscles.



Gait Training

"Heel to Toe Walking"
Practice proper walking gait.
Heel strike. Midstance, Toe Off.
Avoid "Flat Foot Walk"

Frequency: Repeat until perfect. Throughout the day.
Goal: Ensure a proper walking gait (walking normally).