

Lateral Ankle Stabilization Protocol

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Patient _____
 DOS _____

WEEK 1-3	WEEKS 4-5	WEEKS 6-8	WEEKS 9-12	WEEK 13+
<p>NWB with assistive device Large splint in place, progressed to CAM boot</p> <p>Heel Slides Quadricep Sets Gluteal Sets Hip and Knee open chain strengthening</p> <p>Initiate PT, 2-3x/week for edema, pain control, decongestive massage and exercise</p> <p>Compressive stocking to be used for significant swelling as needed.</p> <p>Physical therapy is initiated early to encourage blood flow, promote healing, decrease swelling and pain and provide a steady progress of exercise, gait and balance.</p>	<p>Partial WB per MD with assistive device in CAM boot</p> <p>Start gentle AROM **Keep foot everted for early phases of healing** Dorsiflexion Plantarflexion Eversion</p> <p>Toe curls with towel</p> <p>Seated: Dorsiflexion Plantarflexion</p> <p>Ankle isometrics</p> <p>UBE</p>	<p>Advance to WBAT in CAM boot or ASO with MD clearance Assistive device as needed</p> <p>Out of ASO in clinic</p> <p>Inversion to neutral.</p> <p>Gentle dorsiflexion stretch with belt. Standing gastroc and soleus as able.</p> <p>Sitting, partial WB out of boot BAPS board Plantarflexion, Dorsiflexion</p> <p>Total Gym, double leg, low level or double leg press, low weight</p> <p>Add resistance for all ankle directions, emphasize eversion.</p> <p>PROM as needed for DF, PF, Ev</p> <p>Scar mobilization</p> <p>Bike</p> <p>Gait activities</p>	<p>Full weight bearing in ASO Supportive shoes</p> <p>Progress ROM. Avoid stressing the joint. Inversion should progress naturally without stress.</p> <p>Progress strengthening of Quad, Hamstring and Hip groups</p> <p>Balance Boards: weight shifts, double leg balance.</p> <p>Standing BAPS board, avoid excessive inversion.</p> <p>Progress to single leg balance.</p> <p>Double leg calf raises, progress to SL.</p>	<p>ASO as needed in higher level activities.</p> <p>Lateral and front step-ups</p> <p>Advance balance/ proprioception</p> <p>Wall squats/ sits</p> <p>Address functional activity demands.</p> <p>Plyometrics and agility as appropriate.</p> <p>Treadmill</p> <p>Elliptical</p> <p>For return to sports: MD clearance Pass functional testing for lower extremity strength, balance, agility.</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>		<p>Please note: protect the foot from inversion in the early phases of healing. Inversion should return naturally and without force.</p>		