

Name \_\_\_\_\_

Therapist \_\_\_\_\_

Physician \_\_\_\_\_



## Patient Flow Sheet

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# Ankle Sprain

### **Phase I: Joint Protection and Mobility**

**Goals:** Protection and healing of injured tissues  
Manage and eliminate pain and swelling  
Restore symmetrical active and passive range of motion  
Restore normal gait pattern

#### **Weight bearing:**

##### **Grade I/II**

ASO or walking boot for 1-2 weeks per physician discretion. Progress to ambulation in shoe when able to do so pain free

##### **Grade III/High ankle sprain**

Tall walking boot and crutches 4-6 weeks per physician discretion. 2 crutches > 1 crutch > no crutch when pain free. Progress to ambulation in shoe and ASO

#### **Key Exercises:**

Active and passive ROM  
Open chain theraband exercises when AROM is pain free  
Gait/crutch training  
Cycling (in boot or ASO if appropriate)  
Knee, hip, and core strengthening  
Joint mobilizations

#### **Exercise Precautions:**

##### **Grade I/II**

Avoid overstretching inversion  
Initiate theraband exercises when AROM is pain free  
Progress full weight bearing and balance exercises based on pain response

##### **Grade III/High ankle sprain**

Avoid overpressure with dorsiflexion and external rotation ROM weeks 0-2  
Follow weight bearing precautions when initiating closed chain exercises utilizing boot or ASO at all times

#### **Criteria to progress to Phase II:**

Full, pain free active and passive ROM  
Full weight bearing, pain free, no assistive device  
Normalized figure 8 measure for edema  
Single leg stance 10 seconds on firm surface

### **Phase II: Progressive strengthening and Proprioceptive response**

**Goals:** Restore balance and proprioceptive response  
Restore symmetrical movement patterns with squatting and lunging  
Initiate sport cord activities

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### Key Exercises:

- Squatting and lunging with symmetrical movement pattern
- Begin sagittal plane exercises with progression to frontal plane
- Return to running progression as tolerated
- Sport cord activities with focus on frontal plane dynamic control
- Single leg squatting to restore symmetrical LE strength and muscle endurance

### Exercise Precautions:

- Avoid activities that cause pain
- Avoid progression if having pain 24 hours after treatment, or if swelling returns
- Avoid progression if patient complains of instability

### Criteria to Progress to Phase III:

- Demonstrates proper frontal plane control with sport cord activities
- Demonstrates 1 min of SL squatting pain free
- Demonstrates 10 min jog, symmetrical gait, pain free
- Y balance anterior direction < 4 cm difference to opposite side
- No pain or swelling

### Phase III: Return to Sport

#### Goals:

- Initiate plyometrics
- Pass sport cord test
- Restore symmetrical strength, power, and speed
- Restore high level dynamic control specific to sport

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