

NON-OPERATIVE REHABILITATION PROTOCOL

Non-Operative Ankle Sprain

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | Initial Recovery

GOALS FOR THIS PHASE

- Decrease pain and inflammation.
- Restore ankle ROM (active, active-assisted, and passive).
- Initiate flexibility and gentle low-impact cardiovascular conditioning.

Modalities

- Ice massage / ice bath / whirlpool.
- Anti-inflammatory modalities.

Range of Motion

- Active / active-assisted / passive ROM.

Flexibility & Conditioning

- Flexibility.
- Bicycle with flat foot.

Phase 2 | Restore Function

GOALS FOR THIS PHASE

- Progress to isotonic and isokinetic strengthening (plantarflexion / dorsiflexion).
- Advance to functional movements (lateral step-ups, sports cord, Euroglide).
- Initiate proprioception training including BAPS.

Modalities

- Modalities as indicated.

Strengthening

- Isotonics / isokinetics for plantar flexion / dorsiflexion.

Functional

- Lateral step-ups, sports cord, Euroglide.

Proprioception

- Proprioception training, BAPS.

Phase 3 | Return to Sport

GOALS FOR THIS PHASE

- Advance isokinetic strengthening of quadriceps, hamstrings, gastrocnemius, and ankle (DF, inversion, eversion).
- Initiate jogging and progress to running as tolerated.
- Restore hip and core control for stability.

Strengthening

- Isokinetics quad / hamstring / gastrocnemius / ankle DF, eversion, and inversion.

Conditioning

- Jogging; advance as tolerated to running.

Stability

- Hip and core control for stability.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.