

Ankle Sprain Rehab Protocol

Dr. Nielsen

0-3 days

- Functional ankle brace
 - CAM boot for severe pain
- Weightbearing as tolerated within pain limits
- Ice and elevation

3 days to 2 weeks

- Weightbearing as tolerated
- Functional ankle brace
- ROM
 - Stretching within pain-free arc of motion
 - Start NWB and progress to WB
- Modalities to decrease swelling and pain

2-6 weeks

- WBAT
- Wean out of functional ankle brace
- ROM encouraged, including weightbearing
- Strengthening and proprioception

6+ Weeks

- No restrictions when pain-free
- Discontinue functional brace if still using
- Endurance and high-impact training allowed