The Gundersen Health System Sports Medicine Ankle Grade II Sprain Rehabilitation Program is an evidence-based and soft tissue healing dependent program which allows patients to progress to vocational and sports-related activities as quickly and safely as possible. Individual variations will occur depending on patient tolerance and response to treatment. Patients usually progress to full activities in 3-4 weeks. For grade I sprains accelerate program by 1-2 weeks with return to activities expected within 1 week. For grade III the program can be decelerated 1-2 weeks with return to activities around 4-6 weeks. Please contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

### Phase I: 0-1 weeks
- **ROM:** Per patient tolerance
- **WB:** WBAT with crutches until normal gait pattern re-established
- **Brace:** Possible use of Jones splint or active ankle. Ace wrap with felt horse shoe pad

### Phase II: 1-3 weeks
- **ROM:** Full with no limitations
- **WB:** WBAT with crutches until normal gait pattern
- **Brace:** Active ankle brace

### Phase III: 3 weeks+
- **ROM:** Full with no limitations
- **WB:** Full with no limitations
- **Brace:** Active ankle or lace-up brace

<table>
<thead>
<tr>
<th>Phase I: 0-1 weeks</th>
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<tbody>
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</tbody>
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### RX: Recommendations:
- Emphasis on protection, rest, ice, compression, and elevation
- Bike without resistance
- PROM / AAROM / AROM per tolerance
- Flexibility exercises gastrosoleus- towel stretch, slant board
- Isometric DF / PF progress to isotonic
- Multi-angle isometric INV/EV
- Total leg strengthening
- Hip 4 way SLR
- Hamstrings isotonics
- Quadriceps isotonics
- Balance / Proprioception exercises partial WB avoiding Inversion if inversion sprain
- CV conditioning
- Core stability training
- Upper body exercises

### Updated 12/03

### RX: Recommendations:
- Progress per patient tolerance
- Bike with resistance
- 2 wks Elliptical Runner, Stairmaster
- PROM / AAROM / AROM
- Flexibility exercises gastrosoleus- slant board
- Isotonic DF / PF
- Isokinetic DF/PF VSRP 60-120 deg per second
- Isotonic INV / EV
- Isokinetic INV/EV progress to VSRP 60-180 deg per second
- Total leg strengthening
- Hip 4 way SLR
- Hamstring isotonics
- Quadriceps isotonics
- Isokinetic quadriceps/hamstrings
- CKC exercises – leg press, step-ups, squats, FW and lateral partial lunges progress to full lunges at 2 wks
- 2 wks Lateral movements – sideshuffles, euroglide Sub-max impact activities
- Balance / Proprioception
- Perturbation training
- Core stability / CV conditioning

### Return to Work/Sport
- No pain or effusion
- Full ROM
- Isokinetic Strength- 90%
- Functional Tests – 90%
- MD approval
- Brace for athletic activities
Ankle Grade II Sprain Reference List


