

# A SPRAINED ANKLE - WHAT HAPPENS NOW?

## CONSERVATIVE AND POST OPERATIVE MANAGEMENT



### ONSET OF INJURY TO 4 WEEKS

- Comprehensive physio assessment and referral if needed
- managing swelling and acute pain
- use of a brace or strapping to support the ankle
- improving range of motion and proprioception

### 4-6 WEEKS POST-INJURY

- improving muscle strength
- progressive proprioception and balance work
- starting a simple home exercise routine



### RETURN TO FUNCTION

Functional retraining - focused on daily activities and return to sport.

This stage includes full body strengthening and flexibility training and plyometrics as needed.



### LONG-TERM REHABILITATION

This stage includes take home messages to help prevent re-injury and to build confidence in everyday activities. It includes collaboration with other health disciplines and coaches.

