

ANKLE SPRAIN INJURY

- (1) It takes 10-12 weeks to see biological healing of the ligaments.
- (2) You should remain immobilized in a walking boot or ankle brace for the first 3 weeks. This should be worn whenever weight bearing.
- (3) At 3 weeks post-injury, you may transition from the walking boot back into regular shoes with the assistance of an ankle brace. You should continue to wear the ankle brace for an additional 3 weeks. If you were initially immobilized in an ankle brace, you should remain in the ankle brace until 6 weeks post-injury.
- (4) I would like you to come out of the walking boot or ankle brace twice daily to work on the following exercises. You should perform the following exercises once in the morning and once in the evening:
 - You should perform 3 sets of 15 reps of dorsiflexion (up) and eversion (out), but avoid plantarflexion (down) and inversion (in).
 - Stretch the Achilles by placing a towel across the ball of your foot and pulling up. Hold each stretch for a five-count and do five repetitions.
- (5) At 6 weeks post-injury, you may discontinue use of the ankle brace with daily use but should continue to use it whenever engaged in higher impact and higher demand activities for the next 3 months.
- (6) Physical therapy may begin at 6 weeks post-injury, or earlier if desired. For most patients, physical therapy is not necessary.
- (7) I would like to see you back in **4 weeks** for a follow-up appointment.