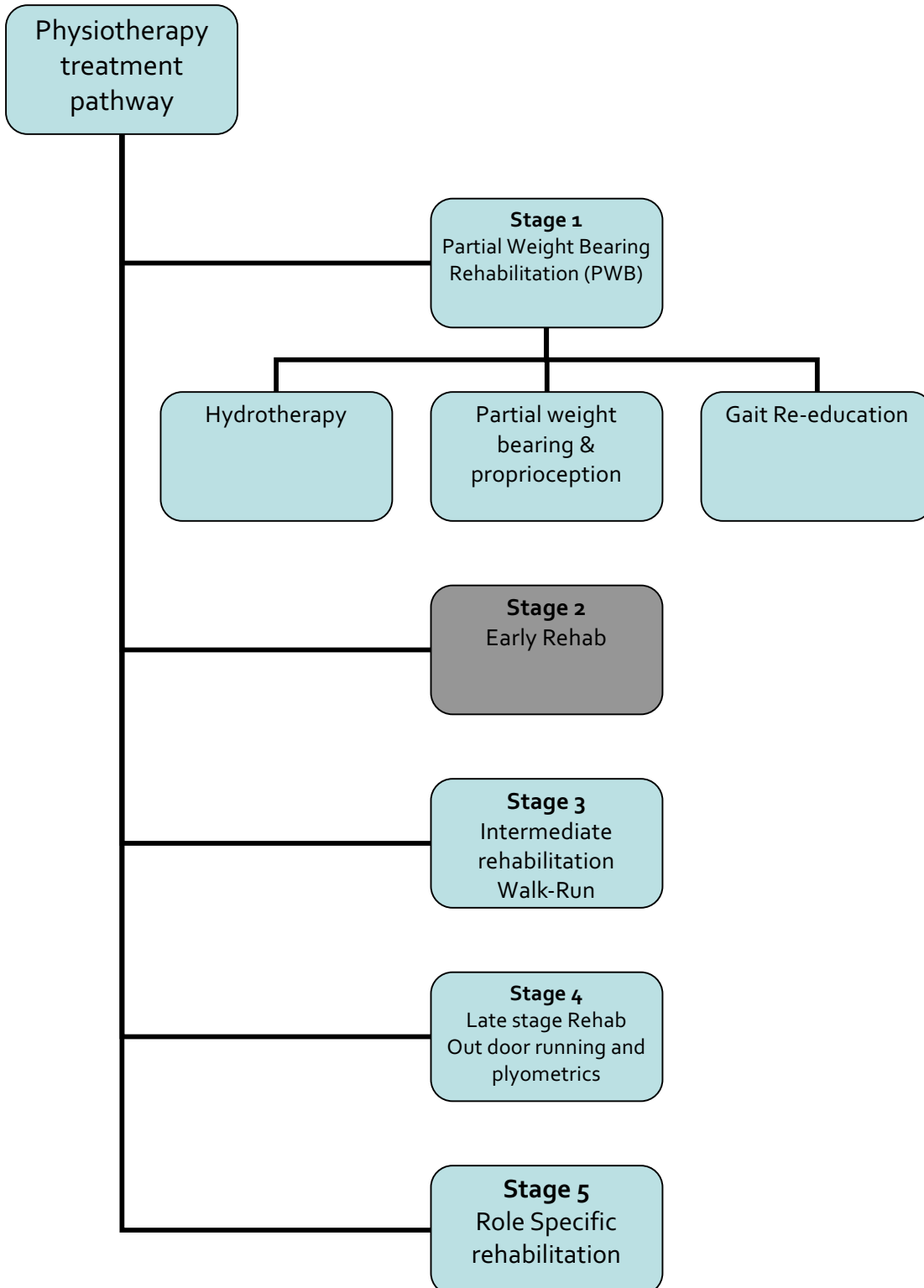


Ankle Rehabilitation



Stage 2 Early Ankle Rehabilitation

Aims:

- Record objective measures from which to evaluate progress
- Increase joint position sense and spatial awareness (Proprioception)
- Motor control work
- Commence strength training

Objective measures:

In order to evaluate the effectiveness of your proprioceptive rehabilitation, objective measures will be taken at the start and throughout your training.

Test	Date					
Single leg standing						
Single leg standing with hands cross chest						
Single leg standing with hands cross chest and eyes closed						
Step down test (30 seconds)						

PROPRIOCEPTION

Multiaxial Rocker board / Dura disc

15 seconds balance, rest 10 seconds (x10)

- Standing 2 feet
- Gradually bring feet closer until together.
- Single leg standing.
- Arms out to make a 'T' shape
- Hands cross chest
- Arms in 'T' shape with eyes closed.
- Hands cross chest, eyes closed
- Knee bends
- Other leg swinging (eyes open, hands initially holding onto wall bars)
- Bounce / throw and catch ball.

Re test single leg balance, step down test then progress onto Mini Trampoline (below)

Balance on Mini Trampoline

- Same progressions as above.
- Single leg hop and land
- Hop and land with one-quarter turn and return
- Progress to half-turn, three-quarter turn and full turn
- Rhythmical hopping with one-quarter turn
- Rhythmical hopping across a line, forwards/backwards/sideways
- Running on mini trampoline – build up to 10 minutes

Backwards walking programme (See Box 2) You may also commence the jumping exercise alongside the backwards walking programme. Also continue to perform the more difficult previous exercises

STRENGTH & CONDITIONING

Alongside proprioceptive rehabilitation, it is also important to regain strength at the ankle and lower limb as well as maintain a high level of cardiovascular fitness. The following programme is designed to work alongside the proprioceptive rehabilitation. Progress onto the next level as you progress through the proprioceptive rehabilitation criteria.

Guidelines:

Ensure a thorough warm up (performance preparation).

Any pain – stop exercising and apply Game Ready.

You may use your brace or tape during the programme.

The repetitions and sets are a guideline only. If you feel that you are not getting the appropriate exercise or that an exercise is too hard, seek advice from the Physio or ERI.

Performance preparation

Prior to starting your strengthening programme, perform 5 - 10 minutes of cardiovascular exercise (cycle, cross trainer, row) followed by gentle mobility exercises. Perform one to two sets of the exercise that you are about to do gently or with a reduced resistance before performing the working sets.

Cardiovascular programme

You may perform any cardiovascular exercise that does not aggravate your condition. Try to aim for 30 – 40 minute sessions three times per week.

Early strength training programme

Tick the box on commencement of that exercise

	Stage 2 <i>2 sets of 15 – 20 reps unless stated otherwise</i>
Eversion	<input type="checkbox"/> Theraband resisted – eccentric progressing to eccentric and concentric. Build through resistance
Arabesque	<input type="checkbox"/> Hands in 'T' position <input type="checkbox"/> Hands above head <input type="checkbox"/> With trunk rotation – build up resistance using dumbbells <input type="checkbox"/> With squat
Dorsi flexion	<input type="checkbox"/> Theraband resisted – eccentric progressing to eccentric and concentric. Build through resistance
Hip abduction Standing on injured leg and uninjured leg	<input type="checkbox"/> 'J' movement <input type="checkbox"/> Standing on injured leg with opposite leg into abduction <input type="checkbox"/> Theraband or cable resistance above ankle.
Step up / down	<input type="checkbox"/> Eccentric step 15cms progressing in height <input type="checkbox"/> Eccentric-concentric step <input type="checkbox"/> With resistance
Squats	<input type="checkbox"/> 2 legs - mini squats <input type="checkbox"/> Increase depth <input type="checkbox"/> Hold 10 secs at lowered position
Lunge	<input type="checkbox"/> Static hold 3 x 2 mins <input type="checkbox"/> Split squats build up resistance
Calf raise (<i>perform exercises with straight leg and flexed knee</i>)	<input type="checkbox"/> 2 legs from flat <input type="checkbox"/> 2 legs on step with heel lowering <input type="checkbox"/> Single leg calf raise

BACKWARDS WALKING PROGRAMME

1. Set the Treadmill to 3.5kph and an incline of 15%
2. Start walking forwards for 50 paces (counting the left step only)
3. Stand astride the moving belt and turn yourself around without placing your feet on the belt. When you are facing the opposite way, step onto the belt and start walking backwards.
4. Walking backwards technique:
5. Take a large step backwards each time and keep your knees flexed (bent) keeping your hips low (i.e. a semi squatting walking position). You will feel this working the fronts of your thighs. If you feel pain, STOP and report it to your physio. At the end of your 50 paces backwards, use the same method to turn around to walk forwards. This is very important as you may cause further injury to yourself if you trip.
6. Record your activity on the chart below.
7. If you are pain free during the activity and 24 hrs afterwards, progress onto the next session. Perform no more than 3 sessions per week.

Box 2 Backwards walking programme

Session	Duration	Forward	Backward	Date	Comments
1	20 mins	50 paces	50 paces		
2	20 mins	40 paces	50 paces		
3	20 mins	30 paces	50 paces		
4	20 mins	20 paces	50 paces		
5	20 mins	10 paces	50 paces		
6	20 mins		continuous		
7	22 mins		continuous		
8	24 mins		continuous		
9	26 mins		continuous		
10	28 mins		continuous		
30 minutes continuous backwards walking pain free.					

Criteria for progression to stage 3:

- ✓ Completed backwards walking programme
- ✓ Single leg standing, eyes closed, hands cross chest – 30 seconds.

Please make an appointment to see Physio when ready to start backwards walking programme and to progress onto stage 3.