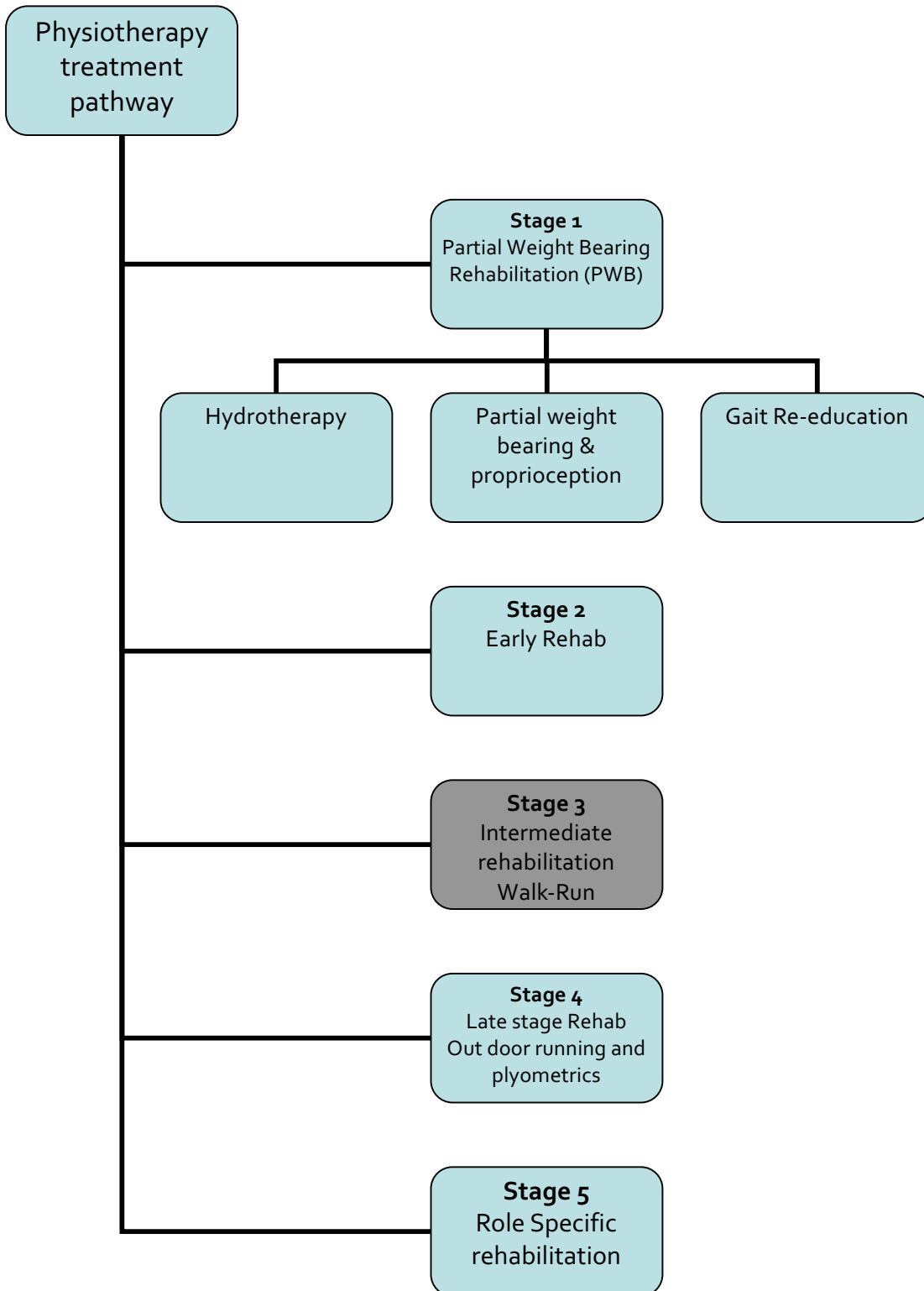


Ankle Rehabilitation



Stage 3 Intermediate Ankle Rehabilitation

Aims:

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

Objective measures:

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)						
Triple hop test						

Proprioceptive rehabilitation

<p>Jumping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Two footed take off and two footed land on matted surface (10 sets of 6 reps). Progress by jumping forwards.
<p>Hopping without trampoline</p> <ul style="list-style-type: none"> <input type="checkbox"/> Alternately two hops on one leg, two hops on other leg (30 seconds x3 – build up to x6) <p>Re test single leg balance, step down test (Record on progress chart) Hop down test (see Physio / ERI) Triple hop test (LSI 80%)</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Walk run programme level 1 – 10 (see box 3) <input type="checkbox"/> Low intensity plyometric drills (when you reach level 6 on the walk run programme).

Box 3: Walk / Run programme

LEVEL	REPS	WALK DURATION	RUN DURATION	Notes / date completed
1	6	4min 30secs	30secs	
2	6	4min	1min	
3	6	3min 30secs	1min 30secs	
4	6	3min	2min	
5	6	2min 30secs	2min 30secs	
Commence fast feet drills and low intensity plyometric drills alongside levels 6 - 10				
6	6	2min	3min	
7	6	1min 30secs	3min 30secs	
8	6	1min	4min	
9	6	30secs	4min 30secs	
10	30 minutes continuous running			

Ensure that you are properly warmed up – 5 – 10 minutes on cardiovascular machines pre run.

Ensure correct footwear

Any pain during the activity – stop and report it to the physio or ERI.

If you have no pain after completing the level and no pain 24 hours later, progress onto the next level (unless otherwise directed).

Inform the rehabilitation team when you have successfully completed level 10



Plyometric drills

1. Plyometric drills focus on quality and speed rather than repetition and so contacts are very minimal (2 x 6 tuck jumps = 12 contacts).
Low Intensity – perform 3 x 6 repetitions for each exercise (54 contacts)
2. Perform these sessions x2 per week.
3. Rest 60 - 90 seconds in-between sets to promote full recovery and optimal performance in the following set.

Warming up or 'Performance Preparation'

4. Ensure that you are fully ready for these sessions by preceding these workouts with 10 – 15 minutes cardiovascular exercise and **fast feet** drills.
5. If you experience any pain during these workouts – STOP and see your Physiotherapist / ERI immediately.

Fast feet drills

Set out a lane or grid 20 meters long using cones.

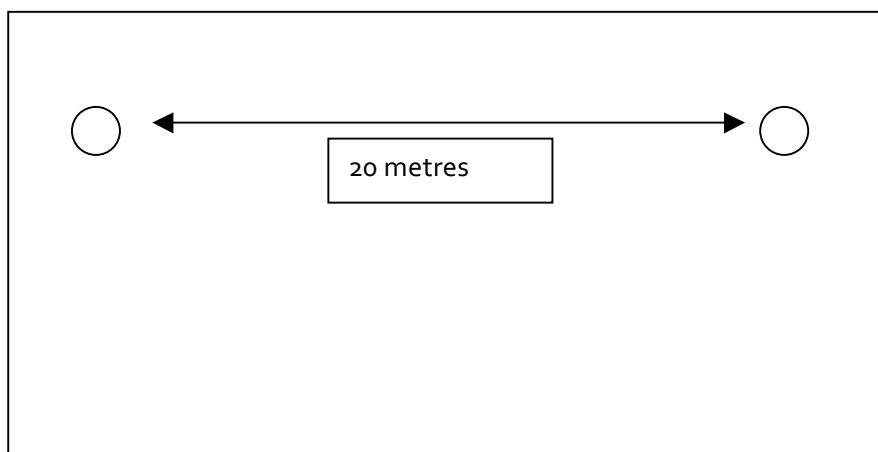
Ensure 5 minutes cardiovascular exercises to increase core body temperature and increase circulation to the lower limbs.

Work your way through the drills below starting slowly and gradually increasing tempo as you become familiar with the drill.

Perform two lengths of each exercise one facing forwards and one facing backwards.


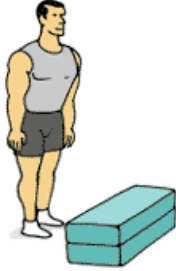

Complete this circuit as part of your warming up drills and prior to commencing fast feet drills and plyometric work.

If you get any pain, STOP immediately and report it to the physiotherapist or ERI.



Drill	Description
Walking on the balls of your feet	Do not walk on the ends of your toes Keep of the heels Maintain upright posture Maintain correct arm mechanics
Ankle flicks	Skipping type motion where the balls of the feet plant, then flick up towards the shin. Bouncing manner. Work of the balls of the feet
Knee to chest	Stand tall and bring the knee of one leg up to the chest and squeeze it in with your hands, the foot is then returned to the ground and repeated with the other foot
Small skips	Cover the length of the grid in a slow skipping motion. Knee to be raised to an angle of approx 45 – 55°
Wide skip	Feet are kept at shoulder width apart through out the drill and knees face outwards at all times. Keep of the heels. Do not take the thigh above 90°
Single knee dead-leg lift	Cover the grid by bringing the knee of one leg quickly up to 90° position. The other leg should remain as straight as possible with a very short lift of the ground throughout the movement. The ratio should be 1:4 (i.e. 1 lift to every 4 steps). Repeat on opposite leg
High knee lift skip	High skipping motion: Thigh to be taken past 90° Balls of the feet Strong core throughout
Lateral running	Short side-steps Keep hips square Work of the balls of the feet. Do not skip. Do not let the feet cross over
Ice skating	Lean slightly forwards, swing the arms across the body, whilst side stepping from left to right like an ice-skater.
Knee out skip	Skipping motion. The knee moves laterally from the centre of the body outwards and back to the centre before taking the next step.
Russian walk	Perform a walking march with a high extended step. Imagine that the aim is to scrape the sole of your shoe down a door. Lift the knee before straightening the leg Walk of the balls of your feet. Try to keep of the heels. Keep the hips square
Walking lunge	Front leg to 90° and thigh at a horizontal position, the back leg should also be at 90° angle but with the knee touching the ground and the thigh vertical.
Side lunge	Take a wide lateral lunge and simultaneously lower the gluteals to the floor. Do not bend at the waist Try to keep of the heels
'Twist again'	Feet together. Jump forwards moving the feet to the left and then across the body to the right. The arms should be fired across the body for balance and speed.
Walking hamstring	Walk forwards extending the lead leg heel first on the ground applying a gentle hamstring stretch. Continue alternating the lead leg.
Hamstring buttock flicks	Alternating leg flicks where the heel moves up towards the buttocks. Start slowly and build up Work of the balls of the feet. Maintain an upright posture . Try to develop a rhythm.

Low intensity Plyometric drills

<p><u>Squat Jumps</u></p> <ol style="list-style-type: none"> 1. Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position. 2. Arms should be in the ready" position with elbows flexed at approximately 90. 3. Lower body where thighs are parallel to ground and immediately explode upwards vertically and drive arms up. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum. 4. Land on both feet. Rest for 1-2 seconds and repeat Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics. 	
<p><u>Jump to Box</u></p> <ol style="list-style-type: none"> 1. Stand facing box with feet slightly wider than hip-width apart. 2. Lower body into a semi-squat position and immediately jump up onto box. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum. 3. Feet should land softly on box. Step back down (not jump back down) and repeat. 	
<p><u>Lateral Jump to Box</u></p> <ol style="list-style-type: none"> 1. Stand side on to box with feet slightly wider than hip-width apart. 2. Lower body into a semi-squat position and jump up onto box. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum. 3. Feet should land softly on box. Step back down (not jump back down) and repeat. 	

WEEKLY PLAN

Stage 3	Monitored by physiotherapist Game ready if aggravated condition	Plyometrics x2 per week with fast feet drills as performance preparation.	Walk run x 2 or 3 per week with performance preparation.	Stage 2 proprioceptive rehabilitation x5 per week	30 – 40 minutes cardiovascular exercise daily	Swim – gradual toleration of kicking Stage 2 strength training programme daily Upper body x 2 per week
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Criteria for progression to stage 4:

- ✓ Completed walk run programme level 10 (No pain during or 24 hrs after activity).
- ✓ Single leg standing, eyes closed, hands cross chest – 30 seconds.
- ✓ Step down test right equal to left.
- ✓ Triple hop test = 80% LSI

Please make an appointment to see Physio / ERI to progress onto next stage.

Check List

- ✓ Have you been retested on the balance test and step down test?
- ✓ Have you been tested on the triple hop test?
- ✓ Do you understand your exercise programme and how to progress?
- ✓ Do you understand how to record your progress through the proprioceptive and strength programme?
- ✓ Do you understand when to commence the walk run programme?
- ✓ Do you understand the goals in order to progress into stage 4?

NOTES: