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Ankle Sprain Physical Therapy Protocol/Prescription

Patient Name: _____

Injury: s/p (LEFT / RIGHT) Ankle Sprain

ACUTE PHASE

- ___ Cryotherapy (ice, ice massage, ice bath/whirlpool, Cryocuff)
- ___ Compression (Jobst intermittent compression)
- ___ E-stim, Ultrasound
- ___ ROM / Flexibility / CPM
- ___ NWB – PWB proprioception activities
- ___ Maximum protection – splint, taping, Aircast

INTERMEDIATE PHASE

- ___ ROM / Flexibility
- ___ Isometrics for inversion/eversion
- ___ Isotonics for plantar/dorsi flexion
- ___ Functional activities (squat-type exercises, BAPS, Sportcord drills)
- ___ Stationary cycling
- ___ Aquatrex walking
- ___ Retro ambulation
- ___ Limited functional activities
- ___ Cryotherapy
- ___ Moderate protection (during activities and ADL)
- ___ Begin WB proprioceptive training

LATE PHASE

- ___ Isotonics in all planes
- ___ Isokinetics in all planes
- ___ Advanced functional activities (Sportcord, lateral step-ups, BAPS with intrinsic loading, Fitter)
- ___ Stationary cycling
- ___ Begin Retro program
- ___ Aquatrex running
- ___ Treadmill forward and retro
- ___ Stairmaster, Versaclimber as tolerated
- ___ Flexibility activities
- ___ Limited functional / sporting activities
- ___ Cryotherapy
- ___ Minimal (sporting activities only)

FINE TUNING PHASE

- ___ Aggressive functional activities (Sportcord, Plyometric-type activities, Agility activities)
- ___ Eliminate strength deficits
- ___ Full return to sporting activities

X Electric Stim __ Ultrasound __ Iontophoresis __ Phonophoresis __ TENS _X_ Heat before _X_
Ice after __ Trigger points massage _X_ Therapist's discretion

Signature _____ Date _____