

ANKLE REHABILITATION GUIDANCE

The enclosed information is an example of a structured plan and should not be replaced as medical advice or carried out without a trained individual's guidance.

Bodylogics can take no responsibility for those who decide to take this as medical advice without first undertaking a thorough assessment to evaluate your individual needs.

For more information on our ankle rehabilitation programme then please feel free to contact us to discuss how we may be able to assist you in your recovery.



To find out more and for more information:

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ANKLE REHABILITATION PROTOCOL

Providing the highest
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research



STAGE 2 - WEEK 2-4 POST-SURGERY

- Improve muscular strength and endurance
- Progress to full active and passive ROM.
- Improve total body proprioception and control

STAGE 3 - WEEK 4-8 POST-SURGERY

- Return to strength training with appropriate modifications
- Improve muscular power, speed, agility, and neuromuscular control.
- Improve proper body mechanics and movement patterns
- Increase overall proximal stability.



STAGE 1 - PRE-SURGERY

- Settle any pain in ankle
- Reduce primary swelling
- Improve flexibility and ROM of ankle joint.

STAGE 2 - 0-2 WEEKS POST-SURGERY

- Settle any pain in ankle
- Reduce primary swelling
- Improve flexibility and ROM of ankle joint.
- Normalise gait pattern without use of assistive device
- Reduce swelling to 95% match of contralateral side.



STAGE 5 - WEEK 8-12 POST SURGERY

- Progression of agility and strengthening exercises to more closely replicate movements performed during sport activity.
- Development of individualised maintenance program in preparation for discontinuation of formal rehabilitation.
- Eliminate possible fear of movement and/or re-injury through use of graded introduction of higher level agility and power exercises.