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Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

DIAGNOSIS: ANKLE GENERAL PROTOCOL

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)

LATE PHASE:

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

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- ___ 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
- Isokinetic test
- Functional test