

Ankle Instability

ACUTE PHASE AND RETURN TO ACTIVITY

- **Neuromuscular Control and Balance Training**
 - Proprioceptive training
 - Balance training
 - BAPS board
 - Seated → standing
 - Single leg stance
 - Wobble board
 - De-stabilization device training
 - Step and hold
 - Plyometrics progression
 - Shuttle press: DL → alternating → SL
 - Drop jump
 - Foot intrinsics strengthening
- **Therapeutic Exercise**
 - Band strengthening
 - Ankle proprioceptive neuromuscular facilitation diagonals
 - Heel rise: DL → SL
 - Hip abductors/extensors
 - Single leg squat
 - Trampoline training
 - Hop training
- **Manual Therapy**

RETURN TO SPORT PHASE

- **Neuromuscular Control and Balance Training**
 - Single leg calf raises (double leg, eccentrics, single leg)
 - Toe walking
 - Triple extension exercises
 - Hop training
 - Single leg drop jumps
 - Single leg stance (firm → foam → dynamic → perturbations → cognitive tasks → eyes closed)

- **Therapeutic Exercise**
 - Resisted inversion/eversion in end range plantarflexion (ankle weights, TheraBand)
 - DL/SL heels rises with TheraBand (pull ankle into inversion/eversion)
 - Single leg squats
 - Hip abductors/extensors
 - RDL's
 - Planks

- **Agility and Sport Specific Exercises**
 - Lateral shuffling
 - Carioca
 - Figure 8 drills
 - Cone drills
 - Back pedal
 - Multi-directional hops
 - Ladder drills
 - Resisted jogging
 - Drop counter jumps
 - Change of direction drills