

# PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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## ANKLE PHYSICAL THERAPY

**Side:**  Right  Left  Bilateral

**Diagnosis:**  Low Ankle Sprain  High Ankle Sprain  Other: \_\_\_\_\_

### 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 ADLs)

### LATE PHASE

- Isotonics and isokinetics 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
- Flexibility activities
- Limited functional / sporting activities
- Cryotherapy

### FINE TUNING PHASE

- Aggressive functional activities (Sportcord, Plyometric-type activities, Agility activities)
- Isokinetic and functional tests
- Eliminate strength deficits before full return to sporting activities

**Frequency & Duration:**  1-2  2-3 x/week for \_\_\_\_\_ weeks \_\_\_\_\_ Home Program

**Physician's Signature:** \_\_\_\_\_ **M.D.**