



ANKLE SPRAIN PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for ankle sprain protocols as follows:

- RICE for first 24-48 hours (rest and use crutches if necessary, ice for 20 minutes of every hour, compression with tensor when not icing, elevate limb above level of heart).
- See Physiotherapist within 24-48 hours to assess Grade of ankle sprain.
- Grade 1 (overstretched but not torn)
 - Rehabilitation and return to sport 2-3 weeks.
- Grade 2 (partial tear)
 - May require immobilization in walking boot or brace and crutches.
 - Rehabilitation for return to sport 4-6 weeks.
 - Return to sport will likely require tape/brace for the initial 6-12 week period post ankle sprain.
- Grade 3 (complete tear)
 - Immobilize ankle in a walking boot.
 - Crutches.
 - Rehabilitation for return to sport 3 months or more.

RICE

SEE
PHYSIOTHERAPIST

ASSESS GRADE OF
SPRAIN

FOLLOW GRADE
LEVEL PROTOCOLS

