



Yuri Lewicky MD

1840 N. Jasper Dr.

Flagstaff, Az 86001

Phone (928) 226-2900 Fax (928) 774-7767

### **Ankle Sprain Protocol:**

The patient has sustained a Severe ankle sprain and will be undergoing functional management which entails early mobilization within the first 2 weeks with external support via an Aso Lace-up brace. Rest, ice, compression and elevation should be followed by a rehabilitation program consisting of range of motion exercises, strengthening, proprioception and activity specific training.