

## Ankle Sprain Prevention Program

*Prevention programs is another tool to help reduce the chances of injuries but does not completely rule out the injury.*

**Disclaimer: PLEASE stop exercises if you experience any pain or any discomfort at all. If pain and discomfort still persist, please contact the Athletic Trainer for further assistance or if it is an emergency, call 911.**

- ❖ Bracing and taping
  - From a cost stand point, ankle bracing is the most cost efficient for athletes<sup>6</sup>.
  - Ankle bracing will help decrease ankle sprains by 69% and ankle taping will help by 71% on previous injured ankles<sup>6,7</sup>.
  - Ankle taping are provided by USF RecWell Athletic Trainer(s).
- ❖ Proprioceptive and Neuromuscular training
  - Balance Training Program: should be performed 3x / week. Each exercise should be 30 seconds with 30 second rest periods<sup>8</sup>.
  - Always start with Phase 1. Do not move on to the next phases in less than 7 days, once the exercises get easier after 7 days, you may move on to the next phase.

Phases	Floor	Eyes	Exercises
<b>Phase 1</b>	Solid Floor	Keep eyes open	Single-leg stance for both ankles
	Solid Floor	Keep eyes open	Single-leg stance while swinging raised leg
	Solid Floor	Keep eyes open	Single-leg squat
	Solid Floor	Keep eyes open	Single-leg stance while either catching, dribbling, or kicking (depends on sports)
<b>Phase 2</b>	Solid Floor	Eyes closed	Single-leg stance
	Solid Floor	Eyes closed	Single-leg stance while swinging raised leg
	Solid Floor	Eyes closed	Single-leg squat
<b>Phase 3</b>	BOSU	Keep eyes open	Single-leg stance for both ankles
	BOSU	Keep eyes open	Single-leg stance while swinging raised leg
	BOSU	Keep eyes open	Single-leg squat
	BOSU	Keep eyes open	Double-leg stance while rotating board
<b>Phase 4</b>	BOSU	Eyes closed	Single-leg stance for both ankles
	BOSU	Keep eyes open	Single-leg stance while swinging raised leg

	BOSU	Keep eyes open	Single-leg squat
	BOSU	Keep eyes open	Single-leg stance while rotating board
<b>Phase 5</b>	BOSU	Eyes closed	Single-leg stance for both ankles
	BOSU	Keep eyes open	Single-leg squat
	BOSU	Keep eyes open	Single-leg stance while rotating board
	BOSU	Keep eyes open	Single-leg stance while either catching, dribbling, or kicking (depends on sports)

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