Ankle Rehabilitation: Stage IV

When you have successfully completed the first 3 phases of ankle recovery, you can progress into the following, higher impact activities being careful not to push through pain.

1. Hopping Progression: Start with double leg hops and progress to single leg hops.
   a. Hops in place.
   b. Forward, backward, side to side
   c. Diagonals, circles

2. Walk/Jog Progression:
   a. Start with alternately walking and jogging (100 yds of each). Begin with 5 minutes and work up to 15 minutes.
   b. Gradually increase the jogging portion while decreasing the walking portion until you can jog 10-15 minutes continuously without pain.

3. Multi-Directional Training:
   a. Backwards Running: 5 sets of 20 yds each
   b. Side Shuffles: 5 sets of 20 yds each direction
   c. Carriocas (Grapevines): 5 sets of 20 yds each
   d. Skipping: 5 sets of 20 yds each

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Once you are comfortable with the above noted exercises, you may progress into speed and agility work. Do not push through pain.

4. Sprint Training:
   a. Warm up for 5-10 minutes
   b. Alternate jogging/striding for ½ mile
   c. Start with sprints of 40 yds:
      i. Accelerate for 10 yds, run steady for 20 yds, slow down over another 10 yds
      ii. Accelerate for 5 yds, run steady for 30 yds, slow down over another 5 yds
      iii. Accelerate immediately, run steady for 40 yds, stop quickly.

5. Functional Drills: Begin sport specific drills. Below are some examples.
   a. Basketball: baseline drill, pivot drill, passing/dribbling drills
   b. Soccer: passing drills, shooting drills, ball maneuvering drills
   c. Ultimate: lay-out drills, triangle drills, passing drills
   d. General: ladder drills, shuttle sprints, other plyometrics