

Ankle Sprains and Chronic Lateral Instability

Course Description:

A patient may seek physical therapy following an ankle sprain or chronic ankle instability that has impacted his/her ability to participate in sports, dance, or other daily activities. A therapist's ability to provide successful evaluation and treatment of these conditions requires a thorough understanding of ankle joint anatomy and appropriate treatment protocols. This course offers therapists physician insight into physical examination of ankle sprain, syndesmosis injury, and chronic instability at the ankle joint and offers comprehensive treatment protocols.

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Course content is 24 pages and includes many helpful illustrations and photos.

Course Objectives:

Course Participants will be able to:

- A. Describe relevant anatomy of the ankle joint
- B. Classify lateral collateral ligament sprains
- C. Describe examination and diagnosis procedures following an inversion injury
- D. Describe a syndesmosis injury including mechanism of injury
- E. Provide treatment following ankle sprain via protocol
- F. Discuss prevention options for ankle injury
- G. Describe possible etiologies for chronic ankle pain
- H. Discuss common ankle reconstruction procedures
- I. Describe principles of rehabilitation after ankle ligament reconstruction via protocol

CEU Approvals:

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.

