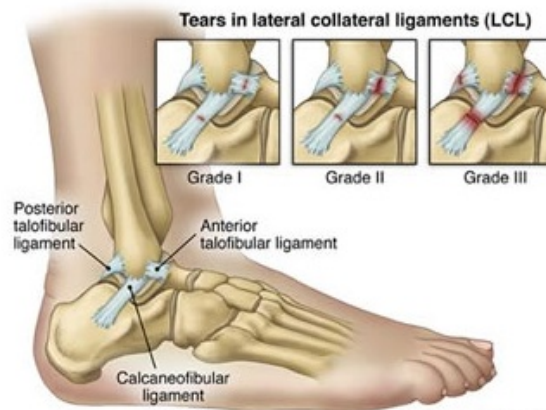


LATERAL ANKLE SPRAIN



IMPORTANCE OF ANKLE REHABILITATION

- Ankle injuries account for approx. 20% of all MSA student injuries
- Likelihood of ankle re-injury = 70%
- Possibility of developing chronic instability = 30%

GOALS OF REHABILITATION

- Decrease Swelling & Pain
- Restoration and Maximisation of
 - Range of Movement,
 - Strength & Power,
 - Proprioception & Balance,
 - Lower Limb Stability & Control,
 - Agility & Speed

RETURN TO PLAY RECOMMENDATIONS

- Lower limbs to be within 10% for Dynamic Balance, Power & Lateral Ankle Endurance
- Bracing &/or taping of the ankle for 12mths post ankle injury
- Completion of 2 full training sessions prior to a return to competition

ADDITIONAL RESOURCE

- Body Armour - Ankle, to build ankle resilience & performance