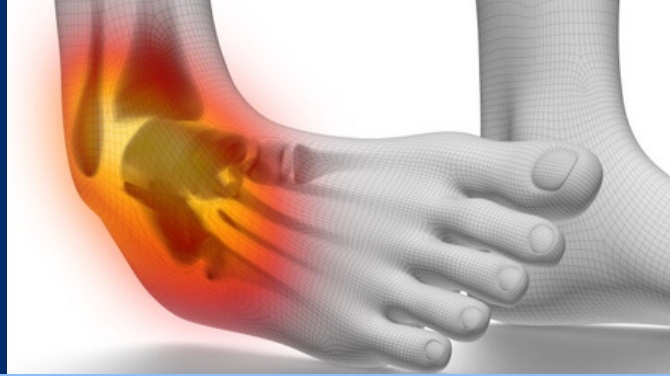


# LATERAL ANKLE SPRAINS



## WHAT IS A LATERAL ANKLE SPRAIN?

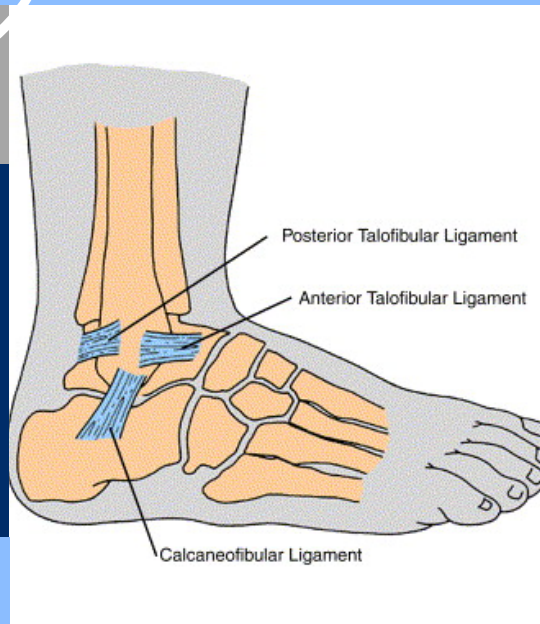
A Lateral ankle sprain (LAS) is an injury to the ligaments on the outer side of the ankle. This is typically caused by an excess of inversion, also known as "rolling" your ankle.

Lateral ankle sprains have the **HIGHEST** re-injury rate among all lower body injuries.

**2x** increased risk of re-injury in the year following a sprain

### Chronic ankle instability

1. History of a significant LAS
2. Reports of the ankle "giving away"
3. Another ankle sprain incident or feeling of instability
4. Decreased Performance on specific functional tests
5. Instability based on Questionnaire answers (IdFAI and CAIT)



Ankle Sprains are the most commonly reported injury among collegiate athletes, and most common in indoor, court sports.

The ligament typically involved is the Anterior talofibular ligament

## WHAT IS CHRONIC ANKLE INSTABILITY?

Chronic ankle instability or CAI is condition that can occur in individuals with repeated ankle sprains.

Up to **70%** of people with a history of lateral ankle sprain develop CAI

## WHAT WILL MY TREATMENT LOOK LIKE?

### Treatment

- Pain and swelling management
- Balance, strength and flexibility training
- Manual therapy
- Sport-specific training

### Return-to-Sport

- At least 3 weeks if mild injury, 6 weeks if moderate or severe
- The decision will be based on performance tests, measurements and mental readiness to return