



# Lateral Ankle Sprain Return-to-Sport Criteria

## Body Impairments

### Range of Motion

- Total Ankle ROM
  - DF, PF, Ev, Inv  $\geq$  95% LSI
- Weight-Bearing Dorsiflexion Test
  - $\geq$  95% LSI and  $\geq$  8 cm

### Strength

- Ankle
  - DF, PF, Ev, Inv  $\geq$  95% LSI at 0° & 20° PF
- Hip
  - Ext, Abd, Add  $\geq$  95% LSI

## Functional Performance Tests

### Single-leg Hop Test Battery

- Single-leg Hop Test (Time)
- Side-Hop Test (Time)
- Multiple-Hop Test (Time + Errors)
  - $\geq$  90% LSI

### Single-leg Drop Vertical Jump

- $\geq$  90% LSI

### Single-leg Drop Landing

- Appropriate biomechanics
- No observed or perceived instability

## Athlete Perception

### Foot and Ankle Ability Measure Sports

- $\geq$  87.7%

### PROMIS - Physical Function

- $\geq$  85%

### Fear-Avoidance Beliefs Questionnaire OR

### Athlete Fear-Avoidance Questionnaire

## Sensorimotor Control

### Star Excursion Balance Test

- $\geq$  90% LSI
- Posteromedial:  $\geq$  77.5% of leg length

### Single-leg Balance - Firm Surface, Eyes Closed

- $\geq$  90% LSI (Time)

### Demi-Pointe Test

- $\geq$  90% LSI (Time)

## Sport-Specific Movement

Will vary depending on the sport

- Jumping Athletes: jump propulsion and landing mechanics

Consecutive Live Practice session without observed or reported episodes of instability

## Symptoms

### Pain and Swelling

- Absence of Pain and minimal swelling during & following sport-specific activities

### Pain Self-Efficacy Questionnaire

- $\geq$  48 on PSEQ-10

## Time

### Mild Sprains (Grade I)

- $\geq$  3 weeks following acute injury

### Moderate to Severe Sprains (Grade II-III)

- $\geq$  6 weeks following acute injury

Additional Considerations: Sport-specific and position-specific demands, competition level, and clinical judgement

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