

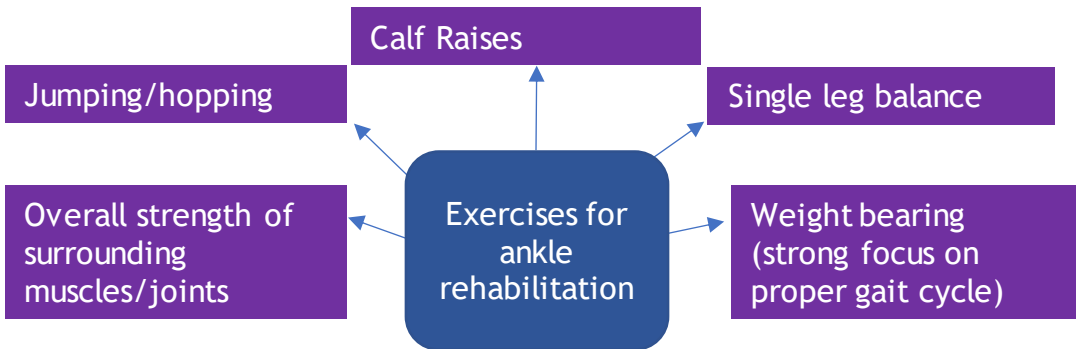


Built2News #2

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Acute lateral ankle sprains of the ankle ligaments are the most common lower limb joint injury in the world (1). 70% of individuals who have an ankle sprain will either develop chronic ankle instability or have a recurring ankle injury (1). Ankle injuries have massive flow on effects to other structures in the body such as the knee and hip if they are not taken care of appropriately.

Numerous studies have concluded that ankle rehabilitation should involve a variety of inversion, eversion, plantarflexion, dorsiflexion and weight bearing throughout the recovery process (1 & 2). Below are some basic exercise that are essential for ankle rehabilitation:



Built2Move's main focus when working with ankle injury is to ensure functionality within the patient. With the careful guidance of an Exercise Physiologist, ankle injuries can be significantly improved and people can go about their everyday life. Built2move has worked with countless ankle injuries, and the next page will have a client success story.

# Client Success Story:



***"Built2Move has been amazing from the start. I started my recovery with an ankle injury from work, but also with a lack of mental trust in my body. Built2move was able to help me regain strength physically and mentally. My ankle is now stronger than ever and I'm back playing basketball as I was before the injury. I no longer have any concerns with this ankle at work or during sport."***

## References:

1. Thompson, C., Schabrun, S., Romero, R., Bialocerkowski, A., van Dieen, J., & Marshall, P. (2017). Factors Contributing to Chronic Ankle Instability: A Systematic Review and Meta-Analysis of Systematic Reviews. *Sports Medicine*, 48(1), 189-205. doi: 10.1007/s40279-017-0781-4
2. Mattacola CG., Dwyer MK. (2002). Rehabilitation of the ankle after acute sprain or chronic instability. *J Athl Train*, 37(4), 413-29.