Learning Objectives

MedBridge Education
Ankle Sprains: Chain Reaction Rehab
Gary Gray, PT

Module 1: Ankle Sprains Functional Understanding
The online learners will

• Appreciate the sagittal plane, frontal plane and transverse plane function of the ankle and subtalar as well as midtarsal joints
• Understand the importance of the anterior and posterior mortise ligaments
• Identify the twelve multi-joint muscles in the lower leg that send their tendons across at least the ankle and subtalar joints into the foot

Chapter 2: Ankle Sprains Functional Analysis
The online learners will

• Functionally understand the peroneus longus, traditionally known as an everter, however functionally it is NOT an everted
• Identify the importance of restoring internal rotation to the hip, to allow for sufficient ankle and subtalar joint loading
• Describe the ankle’s relationship to the shoulder and abdominal muscles
• Explain why proprioceptive input needs to come from the entire chain, including the trunk and the opposite lower extremity

Chapter 3: Ankle Sprains Analysis Rehab Debrief
The online learners will

• Understand day one ankle rehabilitation, utilizing the strategy of building upon our functional progressions as long as the patient is safe and successful
• Progress to the Tri-StretchTM to facilitate dorsiflexion and eversion by driving with the opposite side leg

Chapter 4: Ankle Sprains Functional Training
The online learners will

• Describe the home exercise program based on our clinical exercise program
• Explain why ankle dorsiflexion with rotation, along with subtalar joint frontal plane motions are critical motion in the golf swing
• Describe how we use the anterior medial and posterior medial balance reach tests to reveal the most significance.