Learning Objectives

MedBridge

ICF Clinical Practice Guidelines Update: Lateral Ankle Sprains
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Chapter 1: Introduction to the CPG
• Understand the scope of this clinical practice guideline
• Indicate the literature search criteria for this clinical practice guideline

Chapter 2: Pathoanatomy and Differential Diagnosis, Risk Factors, and Prognosis
• Discuss the anatomical structures involved in a typical lateral ankle sprain
• Be able to differentiate between lateral ankle sprain and other ankle injury mechanisms
• Describe modifiable and un-modifiable risk factors for lateral ankle sprains
• Demonstrate relevant palpation and special tests that assists in the differential diagnosis of lateral ankle sprains
• Describe the general prognosis of lateral ankle sprains

Chapter 3: Clinical Measures: Patient Reported Outcome Measures
• Describe the rationale for using patient reported outcome measures, with respect to insurance payment
• Discuss the clinimetric properties (i.e., validity, reliability, and feasibility) of patient reported outcome measures for patients with lateral ankle sprains
• Understand discriminative questionnaires: Cumberland Ankle Instability Tool
• Understand evaluative questionnaires: Lower Extremity Functional Scale, Foot and Ankle Ability Measure
• Apply and interpret activity limitation and participation measurements to the examination of a person with lateral ankle sprain