Learning Objectives

MedBridge

ICF Best Practice Recommendations: Lateral Ankle Sprain Interventions
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Course Learning:

- Understand manual lymph drainage with the lower limb elevated including diaphragmatic breathing, stationary circles, and manual lymph drainage massage
- Demonstrate soft tissue mobilization including pretibial soft tissue mobilization in seated weight bearing position, Soleus soft tissue mobilization in seated weight-bearing position, Gastrocnemius, soleus, and flexor hallucis longus soft tissue mobilization in side lying
- Understand joint mobilization including, graded mobilization: anterior-posterior glide of talus under mortise, posterior anterior glide of mortise on talus, posterior glide of fibular malleolus on talus, mobilization with movement: anterior glide of mortise on talus with ankle dorsiflexion, posterior glide of fibular malleolus with ankle dorsiflexion, rear foot eversion with ankle dorsiflexion, navicular pronation with ankle dorsiflexion
- Learn non weight-bearing exercises including active range of motion, seated isometrics, and hip and truck exercises (i.e., bridging and plank progressions)
- Demonstrate weight-bearing exercises including squat/lunge/heel raise series with progressive integration across planes, progression of trunk exercises
- Understand and demonstrate external support and gait assistive devices and taping