

# ANKLE INSTABILITY

Condition characterized by a recurring "giving way" of the lateral aspect of the ankle



## Ankle Sprain Grades

- 1** Stretching or slight tearing of the ligament with mild tenderness, swelling and stiffness
- 2** Larger but incomplete tear with moderate pain, swelling and bruising
- 3** Complete tear of the affected ligament with severe swelling and bruising

## Risk Factors

Increased Talar Curvature

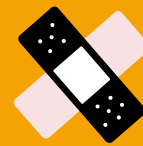
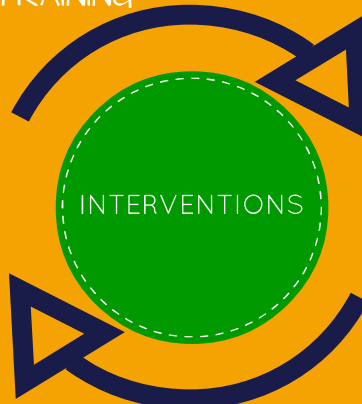
No External Support

Performance of Balance/ Proprioception Not Conducted Post Acute Lateral Sprain



✓ SPORT-RELATED  
ACTIVITY TRAINING

✓ THERAPEUTIC  
EXERCISES



✓ PHYSICAL AGENTS

✓ MANUAL THERAPY