



LATERAL ANKLE INJURY CRASH COURSE

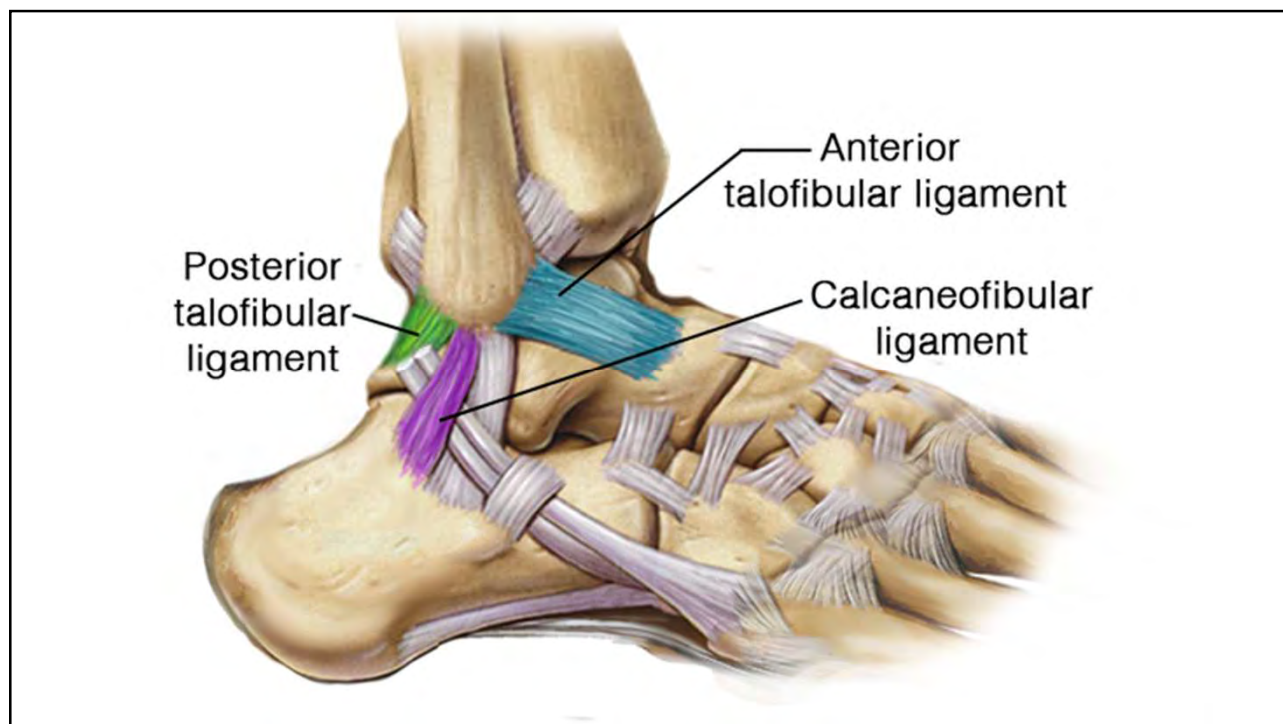
- ANATOMY
- ASSESSMENT
- LOCATION
- TREATMENT

WITH DR. BEN BENJAMIN

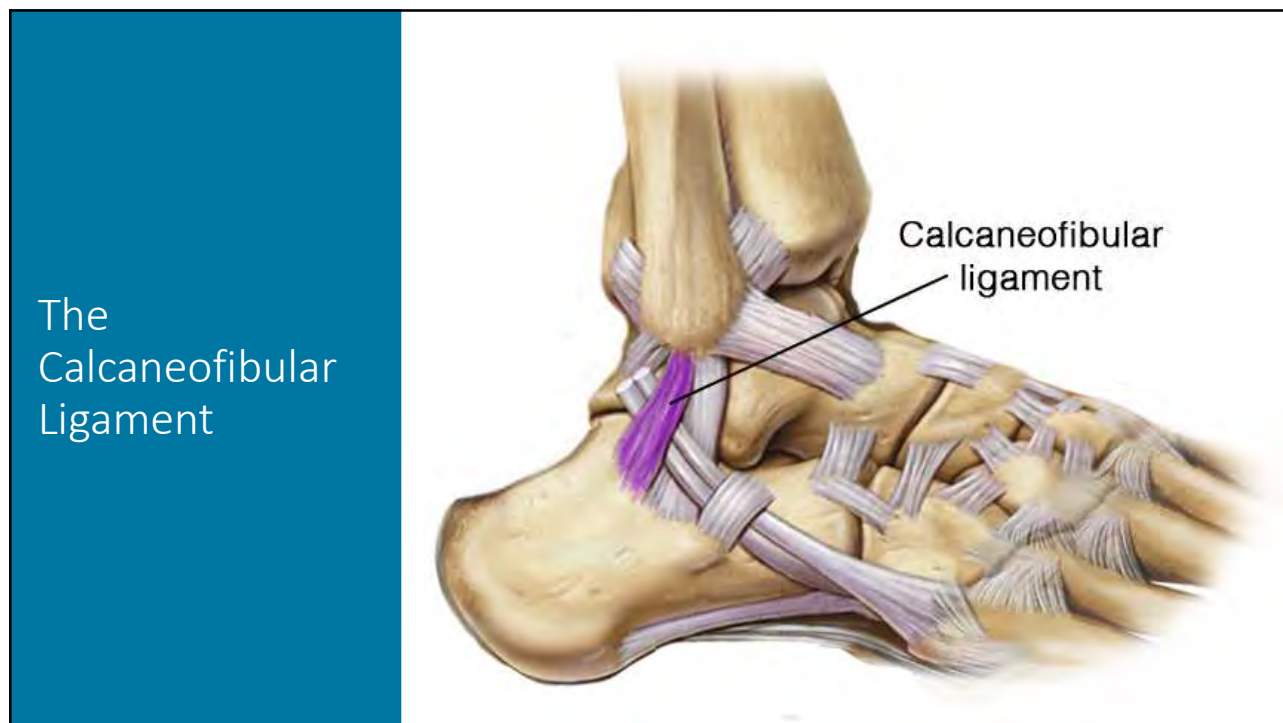
1

LATERAL ANKLE ANATOMY

2



3



4

SEEING A PHYSICIAN

5

ASSESSMENT

6

THE HISTORY FIRST



7

Symptoms



8

ASSESSMENT TESTS

9

Assessment Tests

1. Passive inversion of the heel in dorsiflexion
2. Passive dorsiflexion
3. Passive plantarflexion
4. Heat test
5. Palpation

10

Passive inversion
of the heel in
dorsiflexion



11

Passive
Dorsiflexion



12

Passive Plantar Flexion



13

Heat Test



14

Palpation of the
superior
calcaneofibular
ligament



15

Palpation of the
middle of the
calcaneofibular
ligament



16

Palpation of the
inferior
calcaneofibular
ligament



17

MAKING MEANING

18

MAJOR AND AUXILIARY INDICATORS

19

Major Indicator



20

Auxiliary Indicator



21

Calcaneofibular Ligament Sprain Positive Tests

MI: Passive Inversion of the heel in Dorsiflexion is painful (the major indicator)



22

Calcaneofibular Ligament Sprain Positive Tests

AUX: Passive Dorsiflexion of the ankle is painful and often Limited (the auxiliary indicator)



23

Calcaneofibular Ligament Sprain Positive Tests

AUX: Passive Plantarflexion of the ankle is painful and often limited



24

Calcaneofibular Ligament Sprain Positive Tests

AUX: Heat Test is positive. The injured ankle is often hot or at least warmer than the other one



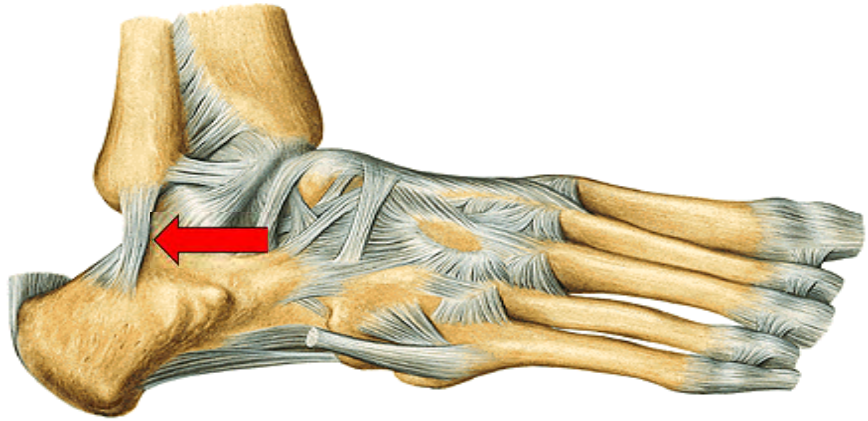
25

Calcaneofibular Ligament



26

Calcaneofibular
Ligament



27

Calcaneofibular
Ligament



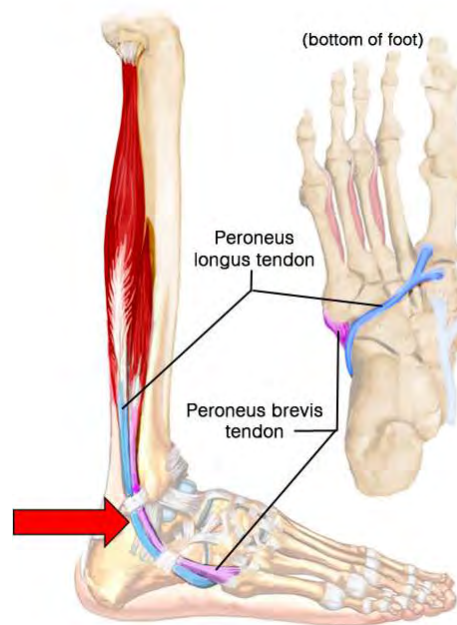
28

Calcaneofibular Ligament



29

Fibularis/Peroneus Tendon



30

Resisted Eversion



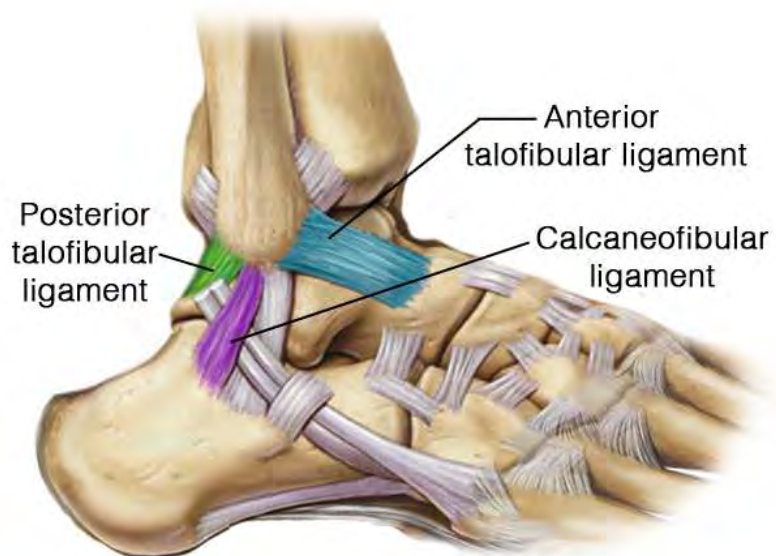
31

Two Varieties of Ankle Sprain

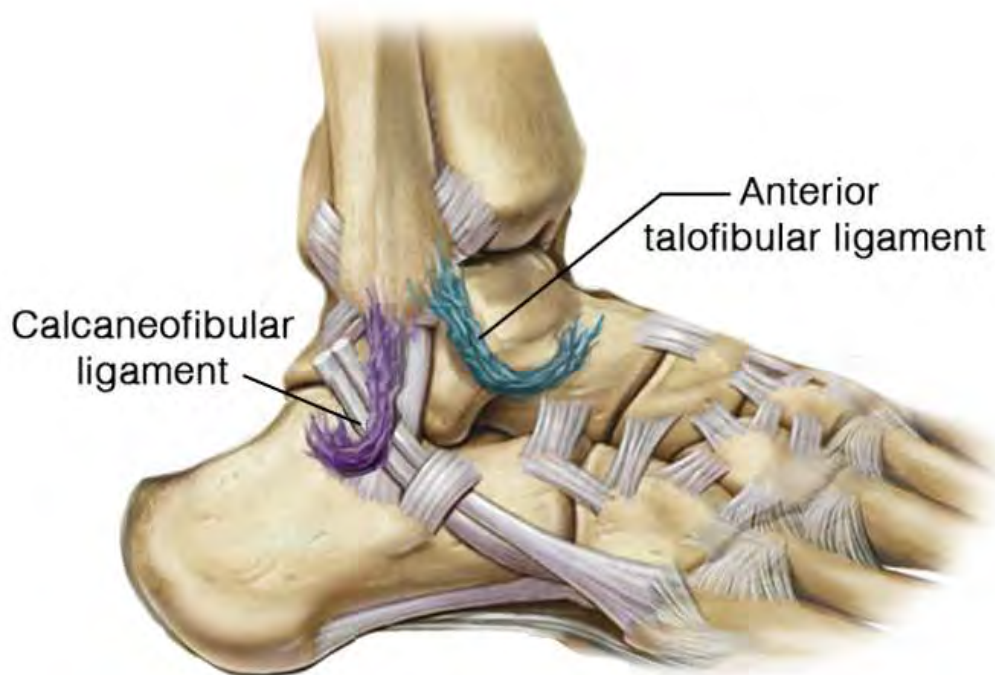


32

How it Happens



33



34

How it Happens



35

TREATMENT

36



37



38

FRICTION & MYOFASCIAL THERAPY VIDEO

39

EXERCISE THERAPY

40

Range of Motion Exercises

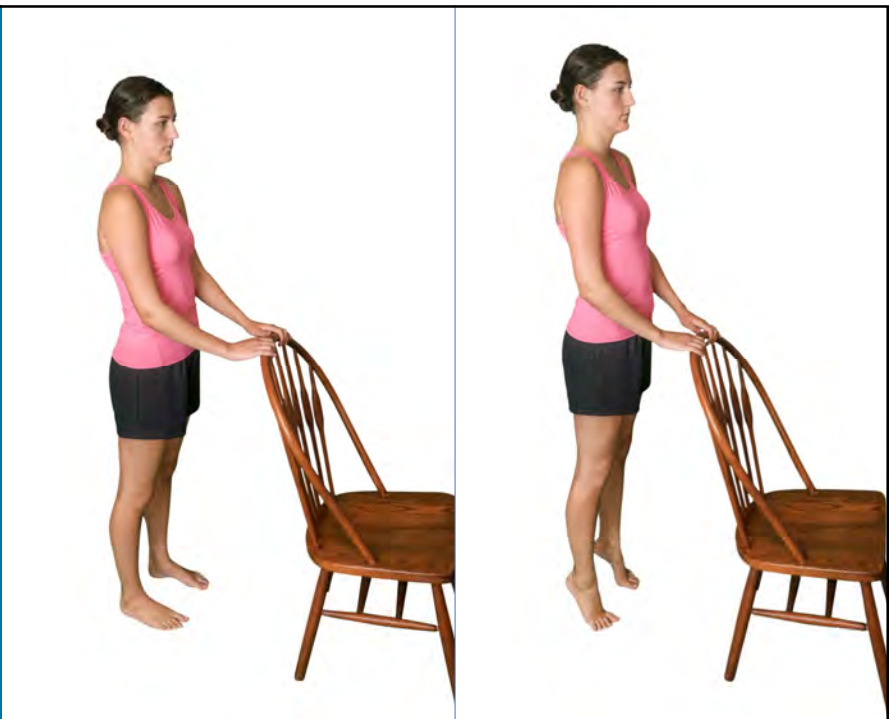
Ankle Circles



41

Exercise Therapy

Heel Raises



42

Exercise Therapy
Peroneus Exercise



43

Exercise Therapy
Tibialis Posterior
Exercise



44

Exercise Therapy



45

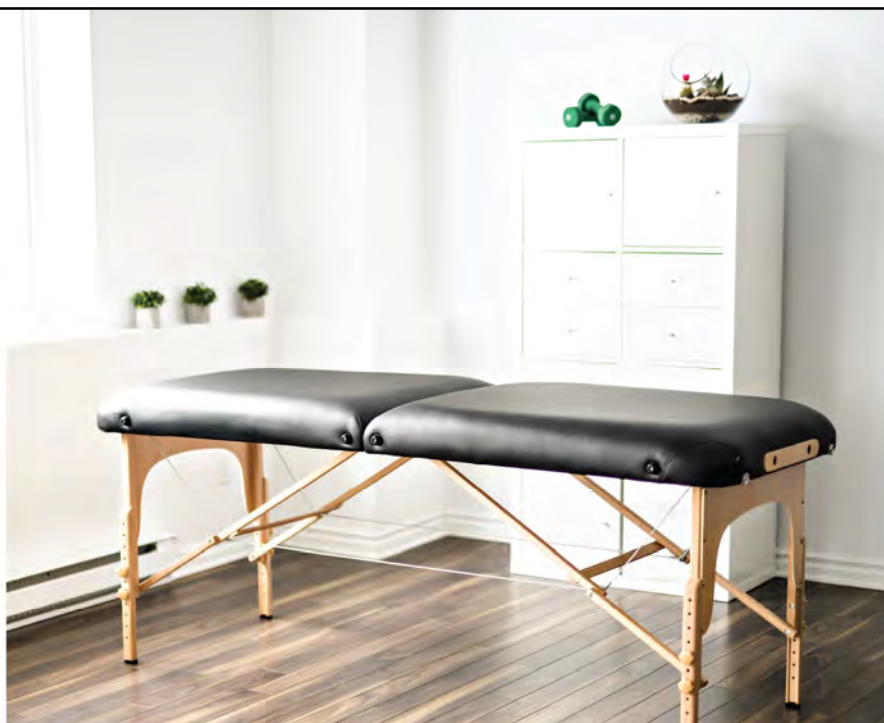
IN CONCLUSION

46

QUESTIONS

47

Keep learning!



48