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### ANKLE SPRAINS

Ankle sprains occur commonly and usually involve an inversion (turning in) movement. The most frequently injured structure is the anterior talofibular ligament (ATFL). Prophylactic bracing can help with prevention of lateral sprains, but those suffering from an injury will have the most benefit from bracing and an exercise program involving strength, balance and proprioception. Return to activity/sport should be discussed with one's physical therapist, as a graded progression is often recommended to avoid further injury. Check out this month's blog on our website to find out more information.

### AROUND THE CLINIC:

Check out these holiday blogs to help manage the holidays and avoid aches, pains, sprains, and more this holiday season:

- <https://www.ptscgj.com/post/avoiding-the-holiday-pain-in-the-neck>
- <https://www.ptscgj.com/post/winter-injury-prevention>
- <https://www.ptscgj.com/post/snowboard-and-ski-fit>
- <https://www.ptscgj.com/post/snow-shoveling>
- <https://www.ptscgj.com/post/snow-safety>
- <https://www.ptscgj.com/post/preparing-for-ski-and-snowboard-season>



# Spotlight Diagnosis of the Month

**Diagnosis:** Ankle Instability

## What is it?

Ankle instability (often referred to as chronic ankle instability or CAI) can develop after an ankle sprain. Most ankle sprains occur on the lateral (outside) of the ankle and impact the anterior talofibular ligament (ATFL) or calcaneofibular ligament (CFL). Approximately 20% of these will develop into ankle instability which include mechanical and functional instability. This usually limits return to normal activity due to poor ankle control, reaction time, strength, and proprioception/balance. The lack of conscious proprioception (i.e. spatial awareness) and sensory input is often the greatest deficit seen and plays a central role in ankle instability. Those that have a history of recurrent ankle sprains are more likely to develop instability as well as people who are hypermobile in general.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

## Common Symptoms:

- Poor proprioception
- Weakness in the peroneal muscles
- Difficulty with single leg stance positions (i.e. standing on one leg)
- Difficulty with lateral (side to side) movement
- Recurrent sprains

## How Physical Therapy Can Help:

With ankle instability, patients will benefit from rehabilitation to the surrounding ankle structures. Strengthening the surrounding muscle groups is the greatest way to provide ankle support. A common muscle group strengthened are the peroneal muscles, which provides dynamic lateral stability during movement activities. Improving proprioception (AKA awareness of your body in space and motion) is also very important for rehab with instability. Proprioception can be strengthened with various balance activities, both static and dynamic, to allow for improved stability during daily activities and recreational activities. Finally, reintroduction of dynamic movements such as jumping and cutting will be important based on the activity the patient participates in. These may be plyometric exercises designed to retrain the body and progressing to more sport specific activities.

\*\*\*Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancellation fee.\*\*\*

