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# Learning Objectives

MedBridge Education

*Ankle Sprains: Chain Reaction Rehab*

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## Module 1: Ankle Sprains Functional Understanding

The online learners will

- Appreciate the sagittal plane, frontal plane and transverse plane function of the ankle and subtalar as well as midtarsal joints
- Understand the importance of the anterior and posterior mortise ligaments
- Identify the twelve multi-joint muscles in the lower leg that send their tendons across at least the ankle and subtalar joints into the foot

## Chapter 2: Ankle Sprains Functional Analysis

The online learners will

- Functionally understand the peroneus longus, traditionally known as an everter, however functionally it is NOT an everted
- Identify the importance of restoring internal rotation to the hip, to allow for sufficient ankle and subtalar joint loading
- Describe the ankle's relationship to the shoulder and abdominal muscles
- Explain why proprioceptive input needs to come from the entire chain, including the trunk and the opposite lower extremity

## Chapter 3: Ankle Sprains Analysis Rehab Debrief

The online learners will

- Understand day one ankle rehabilitation, utilizing the strategy of building upon our functional progressions as long as the patient is safe and successful
- Progress to the Tri-Stretch™ to facilitate dorsiflexion and eversion by driving with the opposite side leg

## Chapter 4: Ankle Sprains Functional Training

The online learners will

- Describe the home exercise program based on our clinical exercise program
- Explain why ankle dorsiflexion with rotation, along with subtalar joint frontal plane motions are critical motion in the golf swing
- Describe how we use the anterior medial and posterior medial balance reach tests to reveal the most significance.