



## Learning Objectives

**MedBridge**

***Lateral Ankle Sprains: Pathomechanics, Examination, and Outcome Measures***

**Todd E. Davenport, PT, DPT, MPH, OCS**

Upon completion of this course, learners will be able to

- Link the pathoanatomy, pathomechanics, and risk factors for lateral ankle sprains with resulting injury and disablement
- Analyze a patient's case for potential differential diagnoses for patients with lateral ankle sprains
- Plan an impairment- and function-based physical examination for patients with lateral ankle sprains
- Categorize the clinical findings characterizing the acute phase, the post-acute phase, and chronic ankle instability in patients with lateral ankle sprains
- Determine measures based on patient reports that have discriminative and criterion-related validity in patients with lateral ankle sprains