



Learning Objectives

MedBridge

Lateral Ankle Sprains: Prevention and Interventions

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

Upon completion of this course, learners will be able to

- Apply principles of disease/injury prevention (levels of prevention) to a patient with a lateral ankle sprain
- Organize an evidence-based treatment plan involving manual therapy for a patient with a lateral ankle sprain
- Integrate evidence into therapeutic exercise programming for a patient with a lateral ankle sprain
- Apply evidence-based recommendations to a comprehensive rehabilitation program for a patient with a lateral ankle sprain