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8	Crossref 61 words Eric T. Chen, Kelly C. McInnis, Joanne Borg-Stein. "Ankle Sprains", Current Sports Medicine Reports, 2019	1%

**Name of Journal:** *World Journal of Orthopedics*

**Manuscript NO:** 54922

**Manuscript Type:** REVIEW

**Acute ankle sprain in athletes: Clinical aspects and algorithmic approach**

Halabchi F *et al.* Ankle sprain in Athletes

Farzin Halabchi, Mohammad Hassabi

### Abstract

Acute ankle sprain is the most common lower limb injury in athletes and includes 16%-40% of all sports-related injuries. It is especially common in basketball, American football, and soccer. The majority of sprains affect the lateral ligaments, particularly the anterior talofibular ligament. Despite its high prevalence, a high proportion of patients experience persistent residual symptoms and injury recurrence. A detailed history and proper physical examination are diagnostic cornerstones. Imaging is not indicated for

Acute ankle sprain in athletes; Clinical aspects and algorithmic ap



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## Asian Journal of Sports Medicine | The Prevalence of ...

<https://sites.kowsarpub.com/asjsm/articles/21709.html> ▼

May 23, 2016 · Although most **lateral ankle sprains** (LAS) may not cause long-term disability, an important number do not completely resolve, leading to residual **symptoms and dysfunction** for **athletes**. The rate of **recurrent ankle sprain** may reach as high as 40% and **repeated ankle sprain** is a major cause of **chronic ankle instability (CAI)** in **athletes** (2-4).

**Cited by:** 7

**Author:** Farzin Halabchi, Hooman Angoorani, M...

**Publish Year:** 2016

## Risk Factors Influencing the Incidence of Ankle Sprain ...

<https://journals.sagepub.com/doi/abs/10.1177/1938640020921251>

The history of recurrent ( $P = .001$ ) and **acute ankle sprain** ( $P = .01$ ) and each 5-year increase in age ( $P = .039$ ) were predictive factors for **ankle sprain**. No evidence for relationship between other risk factors and occurrence of **ankle sprain** were achieved. Conclusion. In our study, the history of recurrent and **acute ankle sprain** was the ...

**Author:** Mohammad Hosein Pourgharib Shah...

**Publish Year:** 2020

## Simplified Diagnostic Algorithm for Lauge-Hansen ...

<https://pubs.rsna.org/doi/full/10.1148/rg.322115017>

The lateral collateral ligament is the most commonly injured ligament in patients with **ankle sprain** and is often associated with ligament injury elsewhere in the **ankle** (13,14). The lateral collateral ligament complex has three components: the anterior talofibular (ATFL), posterior talofibular (PTFL), and calcaneofibular ligaments ( Fig 1 ).

**Cited by:** 21

**Author:** Heitor Okanobo, Bharti Khurana, Scott ...

**Publish Year:** 2012

## Risk Factors Influencing the Incidence of Ankle Sprain ...

[https://www.researchgate.net/publication/341719463\\_Risk\\_Factors\\_Influencing\\_the](https://www.researchgate.net/publication/341719463_Risk_Factors_Influencing_the)



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### Asian Journal of Sports Medicine | The Prevalence of ...

<https://sites.kowsarpub.com/asjasm/articles/21709.html>

Background: Lateral **ankle sprains** (LAS) are among the most common sports- related **injuries** and the reinjury rate is very high. Objectives: This study aimed to evaluate the prevalence of some intrinsic risk factors among professional football and basketball players with or without history of **acute** or recurrent **ankle sprain**. Patients and Methods: One hundred and six professional football and ...

**Cited by:** 7      **Author:** Farzin Halabchi, Hooman Angoorani, Mary...  
**Publish Year:** 2016

### Risk Factors Influencing the Incidence of Ankle Sprain ...

<https://journals.sagepub.com/doi/abs/10.1177/...>

The objective of the present study was to investigate whether certain intrinsic factors (foot hyperpronation, generalized joint laxity) and **clinical** tests (anterior drawer and talar t... Risk Factors Influencing the Incidence of **Ankle Sprain** Among Elite Football and Basketball Players: A Prospective Study - Mohammad Hosein Pourgharib Shahi ...

**Author:** Mohammad Hosein Pourgharib Shahi, ...      **Publish Year:** 2020

### (PDF) The Prevalence of Selected Intrinsic Risk Factors ...

<https://www.researchgate.net/publication/303463224...>

About 58.5% and 14.2% of **athletes** had a history of **ankle sprain** and recurrent **sprain** in at least one extremity, respectively. ... **clinical aspects and algorithmic approach** ... Univariate analyses ...

### Functional movement tests and injury risk in athletes ...

<https://lermagazine.com/article/functional...>

This **approach** was developed by researchers and tested in a 2013 study of collegiate **athletes**. 39 The study examined the relationship between the risk category calculated by the Move2Perform injury risk **algorithm** and noncontact lower extremity time-loss injury. The **algorithm** weights a variety of evidenced-based factors that can be collected in ...

### CSM 2012 Orthopaedic and Sports Physical Therapy Section ...

<https://www.jospt.org/doi/10.2519/jospt.2012.42.1.A1>

Jan 01, 2012 · The Use of Talocrural Joint Mobilization in a Patient With an **Acute** Lateral **Ankle Sprain**: A Case Report (OP03114) ... An **Algorithmic Approach** to Rehabilitation Following Arthroscopic Surgery for Arthrofibrosis of the Knee: A Case Series (OP03124) ... Conservative Treatment for the Prevention of Recurrent Lateral **Ankle Sprains in Athletes** ...

### Simplified Diagnostic Algorithm for Lauge-Hansen ...

<https://pubs.rsna.org/doi/full/10.1148/rg.322115017>

Mar 05, 2012 · Identifying a fracture and classifying the type of injury enables diagnosis of otherwise occult ligament **injuries** ().Magnetic resonance (MR) imaging provides more detailed information about the soft-tissue damage associated with **ankle** fractures; however, the Lauge-Hansen system is useful as an initial assessment tool and treatment guide because it helps determine which forces to apply to ...

### Published Article: Trauma to Lisfranc's Joint, An ...

<https://www.amolsaxena.com/articles/Trauma-Lisfrancs-Joint.html>

Curtis et al reviewed 19 tarsometatarsal **injuries in athletes**. Sixteen of their patients were able to return to their pre-injury activity level in an average of 4.1 months - three were unable. Even with minor "**sprains**", seven patients in their study took 3 months to return, and two were unable.

### Maryam MIRSHAHI | Sports Medicine Specialist | Tehran ...

[https://www.researchgate.net/profile/Maryam\\_Mirshahi](https://www.researchgate.net/profile/Maryam_Mirshahi)

Patellofemoral pain in **athletes**: **clinical** perspectives ... and basketball players with or without history of **acute** or recurrent **ankle sprain**. Methods One hundred and six professional football and ...

### Treating The Accessory Navicular In Young Athletes ...

<https://www.podiatrytoday.com/blogged/treating...>

An accessory navicular or os tibiale externum is a normal anatomic variant developing just medial and plantar to the navicular bone. 1 The navicular bone is the last of the tarsal bones to develop with ossification occurring between the ages of 1 to 3 in females and 3 to 5 in males. When an accessory navicular bone is present, ossification occurs even later. 1 When the navicular tuberosity ...

### Back on Their Feet: Rehab Techniques for Common Foot/Ankle ...

<https://www.homeceuconnection.com/course/back-on...>

Utilize an **algorithmic approach** to **rehabilitation** for common **acute** and **chronic injuries** of the **ankle/foot**. Discuss **precautions** and contraindications based on diagnosis, patient presentation, and surgical procedure. Develop and modify exercise progression based on patient presentation and **surgical procedure**.



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## Management of Ankle Sprains - American Family Physician

<https://www.aafp.org/afp/2001/0101/p93> ▾**Management**

Treatment

Mechanism

Clinical significance

D



Without adequate care, acute ankle trauma can result in chronic joint instability. Use of a standardized protocol enhances the management of ankle sprains. In patients with grades I or II sprains, emphasis should be placed on accurate diagnosis, early use of RICE (rest, ice, compression and elevation), maintenance of range of motion and use of an ankle support. Sprains with complete ligament tears (grade III) may require surgical interventi...

[See more on aafp.org](#)

Cited by: 346

Author: Michael W. Wolfe, Timothy L Uhl, Carl G. ...

Publish Year: 2001

## Update on Acute Ankle Sprains - American Family Physician

<https://www.aafp.org/afp/2012/0615/p1170.html> ▾**Treatment**

Mechanism

Signs and symptoms

Diagnosis

Clir



Ankle sprains are a common problem seen by primary care physicians, especially among teenagers and young adults. Most ankle sprains are inversion injuries to the lateral ankle ligaments, although high sprains representing damage to the tibiofibular syndesmosis are becoming increasingly recognized. Physicians should apply the Ottawa ankle rules to determine whether radiography is needed. According to the Ottawa criteria, radiography is indicated if there is pain in the malleolar or midfoot zone, and eithe...

[See more on aafp.org](#)

Cited by: 55

Author: Jeffrey D Tiemstra

Publish Year: 2012

## Risk Factors Influencing the Incidence of Ankle Sprain ...

<https://journals.sagepub.com/doi/10.1177/...>

The objective of the present study was to investigate whether certain intrinsic factors (foot