Invited Lecture by

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Time: Thursday 6 October 2016 at 13:00-14:30

Place: Aalborg University, Fredrik Bajers Vej 7, room no. C3-204

Recovery from a first-time lateral ankle sprain and predictors of chronic ankle instability: a prospective cohort analysis

Abstract

Impairments in motor control may predicate the paradigm of “chronic ankle instability” (CAI) that can develop in the year following an acute lateral ankle sprain (LAS) injury. Purpose: To identify the motor control deficits predating CAI outcome following a first-time LAS injury. Study Design: Cohort study. Methods: Eighty-two individuals were recruited after sustaining a first-time LAS injury. Several biomechanical analyses were performed on these individuals completing five movement tasks at three time-points: 1) 2-weeks, 2) 6-months and 3) 12-months following LAS occurrence. Conclusion: An inability to complete jumping and landing tasks within 2-weeks of, and poorer dynamic postural control and poorer self-reported function 6-months following a first-time LAS, are predictive of eventual CAI outcome. Clinical Relevance: An ability to complete certain movement tasks, evidence of deficits during the Star Excursion Balance Test and poorer self-reported function as quantified using the Foot and Ankle Ability Measure can be utilized as predictive measures of a CAI outcome in the clinical setting for patients with a first-time LAS injury.

All interested are welcome.

Yours sincerely,

Prof. Uwe Kersting, PhD & Prof. Pascal Madeleine, PhD, dr. scient.