



## Acute Lateral Ankle Injury Management in Athletes

Acute lateral ankle injuries represent a significant challenge in the realm of sports medicine, particularly in athletes engaging in high-impact activities. Key components of successful management include accurate diagnosis, timely intervention, and a multidisciplinary approach involving physicians, physical therapists, and athletic trainers. The initial assessment focuses on the mechanism of injury, clinical examination, and utilization of diagnostic imaging modalities such as radiography and Magnetic Resonance Imaging (MRI) to evaluate the extent of injury and potential associated pathologies. This abstract presents an overview of the current principles and strategies in the management of acute lateral ankle injuries among athletes.

**Keywords:** Acute lateral ankle injury; Athletes; Management; Sports medicine; Multidisciplinary approach; Diagnostic imaging; MRI; Clinical examination; Mechanism of injury; High-impact activities.

### Introduction

Acute lateral ankle injuries are common in athletes, often resulting from a sudden inversion or eversion of the ankle. The most frequently injured ligaments are the anterior talofibular ligament (ATFL), the calcaneofibular ligament (CFL), and the posterior talofibular ligament (PTFL). Accurate diagnosis is crucial for effective management, which typically involves a combination of rest, ice, compression, and elevation (RICE) in the acute phase, followed by physical therapy and, in some cases, surgical intervention. This review discusses the current principles and strategies for managing these injuries in athletes.

In the acute phase, the primary goal is to reduce pain and swelling. The RICE protocol is widely recommended. Once the acute phase has passed, a structured rehabilitation program is essential to restore strength, flexibility, and proprioception. Athletes should be encouraged to return to sport as soon as they are able, with appropriate precautions. The use of diagnostic imaging, particularly MRI, can help identify ligamentous injuries and rule out other pathologies. A multidisciplinary approach involving orthopedic surgeons, physical therapists, and athletic trainers is often necessary for optimal outcomes. This review provides an overview of the current principles and strategies in the management of acute lateral ankle injuries among athletes.

### Conclusion

In conclusion, the management of acute lateral ankle injuries in athletes requires a multidisciplinary approach. Accurate diagnosis, timely intervention, and a structured rehabilitation program are key to successful outcomes. The use of diagnostic imaging and a multidisciplinary team approach are essential for optimal management.

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