

TRAINING TIP OF THE WEEK

Ankle Sprains: Prevention and Recovery

Acute ankle sprain is a common injury for athletes, accounting for 20% of all sports injuries. Taping and bracing are commonly used by athletes to prevent ankle injuries and speed recovery, but is there scientific proof supporting this practice? Studies show that using either tape or a semirigid brace can prevent 50%-70% of future ankle sprains in athletes that have previously sprained that ankle; no benefit has been shown if the athlete has never had an ankle sprain. Bracing and taping also speeds return to competition after an ankle injury because they allow early weight-bearing therapy. The best way to prevent chronic ankle problems after a sprain is supervised functional balance training.



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