



Ankle Case Study

Teleseminar - Action Guide

“The use of a case study to review assessment and treatment of the ankle and enable you to walk away with at least ONE new Manual Therapy concept”

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Case Study – Anne

Subjective Findings

Current History

Anne who is a 28 year-old competitive basketball player comes to you with a complaint of an achy sharp pain over the right anterior ankle region (P1) – 6/10. She noticed that it started 2 weeks ago after starting to play basketball for the season. She says that she has been experiencing stiffness in her ankle joint for the last few weeks now.

She has also noticed an aching type of pain (P2 – 4/10) over the right medial ankle region that started after she returned to playing basketball. She has become somewhat frustrated and would like to deal with this quickly so that it doesn't interfere with her basketball season.

Anne reports that her stiffness occurs primarily into her ankle in the morning and her aching increases in evening especially the day of basketball.

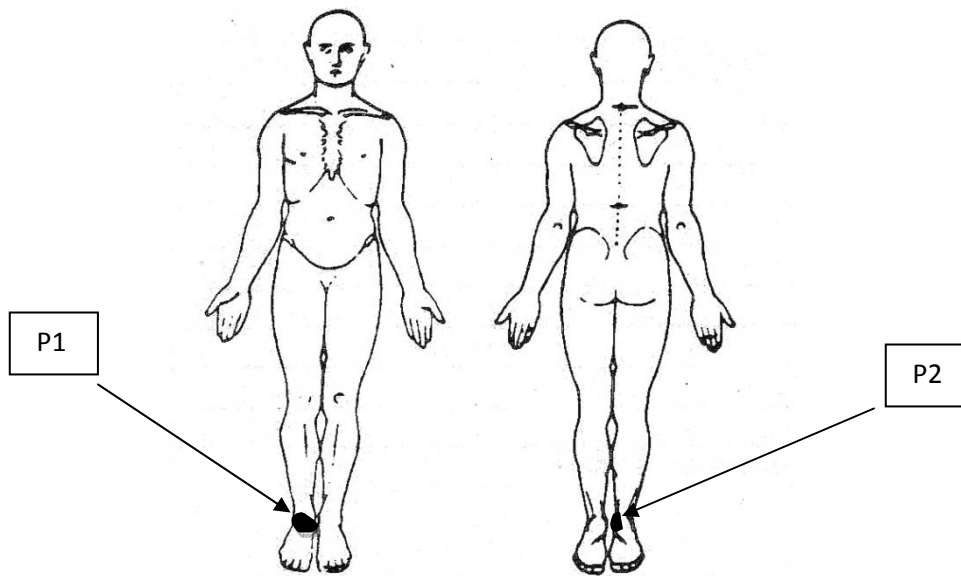
Symptom Behaviour

She reports that landing from a jump and running especially trigger her anterior ankle pain (P1), and her medial ankle pain (P2) bothers her after prolonged walking or playing basketball in general.

Both symptoms are relieved by rest, and ice tends to relieve the medial ankle ache after basketball. She finds herself using a heating pad to help to decrease her feeling of stiffness.

Past History

- General health good
- 8 weeks ago – grade 2 inversion right ankle sprain
- History of previous mild ankle sprains
- No X-rays have been done and she is on no medication



Subjective Findings Clinical Reasoning

- 1. What is the overall irritability of this client's complaints?***

Irritability

- 2. Is the disorder inflammatory or mechanical in nature, or both?***

3. List the possible structures at fault for each of the reported symptoms.

P1

P2

4. List the contributing factors that influence the symptoms and reasons why for each.

Contributing Factor	Rationale

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5. List the subjective findings that would indicate caution must be exercised during the assessment and treatment approach.

Caution	Reason
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Objective Findings Clinical Reasoning

6. What objective tests would you perform prior to initiating treatment?

Tests Performed	Findings for this patient
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7. Is there a need to refer for the following tests? Why or Why not?

X-ray

CT Scan

MRI

Nerve Conduction Test

Bone Scan

Blood Work

8. After reviewing the subjective and objective findings, what is the clinical hypothesis for the client's problem. Rationale?

Clinical Hypothesis

Rationale

9. *Is a referral to a physician required? Why or Why not?*

Treatment

10. *Outline the initial treatment based on the assessment findings.*

Manual Therapy:

Exercise

Education

Other (if applicable)

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Or send me an email to michael@manualtherapymentor.com

11. *Which subjective (symptoms) & objective findings (signs) will be reassessed before the second treatment? What is the anticipated effect from the treatment.*

Subjective / Objective Findings	Anticipated Effect
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12. After the initial treatment, how would the treatment be modified over the next few visits in the following situations?

Biomechanics better No change in symptoms	
Biomechanics no change Symptoms better	
Biomechanics better Symptoms worse	

13. What else would be included in the treatment over the next 2 or 3 visits?

Manual Therapy:

Exercise

Education

Other (if applicable)

14. What are the criteria for discharging this client from treatment?

15. What are reasons for possible recurrence of this client's signs and symptoms?

**Advance your manual therapy skills and implement them immediately into your practice to
make significant changes for your client's pain.**

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