

There is no such thing as a simple ankle sprain

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Abstract

Ankle sprains are one of the most common musculoskeletal injuries globally that can cause instability and functional impairments leading to time lost from performance and of course work commitments. Conservative management has been found to be a gold standard treatment option that depends on the initial diagnosis and assessment of the injury. Are we sometimes misguided by imaging? Is it time to stop wasting time and money on surgical intervention or focus more on the perceptual framework of disability? Physiotherapy plays an important role in relieving inflammatory signs, pain modulation, improving function, stability, proprioception and prevention of recurrences, but is that enough? Are there any unified return to play protocols for ankle sprains or do we generally follow a traditional time based protocol. Food for thought.

Biography

Faraz Sethi is a UK qualified chartered physiotherapist and rehabilitation specialist, currently in to his 15th year of professional physiotherapy practice. He has worked in the hospital, clinical and sporting sector across England, Azerbaijan and the UAE. More recently He has shown interest in the teaching sector and has just started partaking in research (yet to be published). He has delivered various CME topics to students and clinicians in the UAE and also partakes in regular webinars for educational purposes. He is also a medical education consultant for BREG, USA guiding patients, therapists and orthopedic surgeons about the most efficient use of orthopedic bracing.



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