Ankle injuries in Gymnastics

Jon Grant, LAT, ATC
Program Manager
St. Vincent Sports Performance
The Goals of Prehabilitation, Rehabilitation and Performance Enhancement are Similar

- Optimize range of motion and strength
- Identify and correct compensations
- Increase neuromuscular control
- Develop functional strength used in an athletic environment
Ankle Pain

- Anterior ankle pain is common due to decreased dorsi-flexion (tight calf) coupled with repetitive front side loading.
- This causes the ankle joint to glide poorly and could damage the joint surfaces.
Injury Treatment

• See Doctor immediately if:
  – The foot bends at an abnormal angle
  – Foot is cool, pale or changes color
  – Feel numbness or tingling in foot or toes that lasts beyond the initial injury

• See Doctor after ankle sprain if you notice any of the following:
  – Heard a popping sound at the time of injury
  – Moderate or severe pain or severe swelling or bruising around the ankle
  – Can’t walk or put weight on the affected foot, or ankle feels unstable
  – Redness, swelling or pain in leg or groin
    • These can be signs of blood clot
• Rest
• Ice
• Compression
• Elevation
• Weight bearing should progress from trampoline to tumble tramp to floor
• Landing progression goes from small box to higher boxes
• Dismounts into pit, working way to a mat in the pit
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