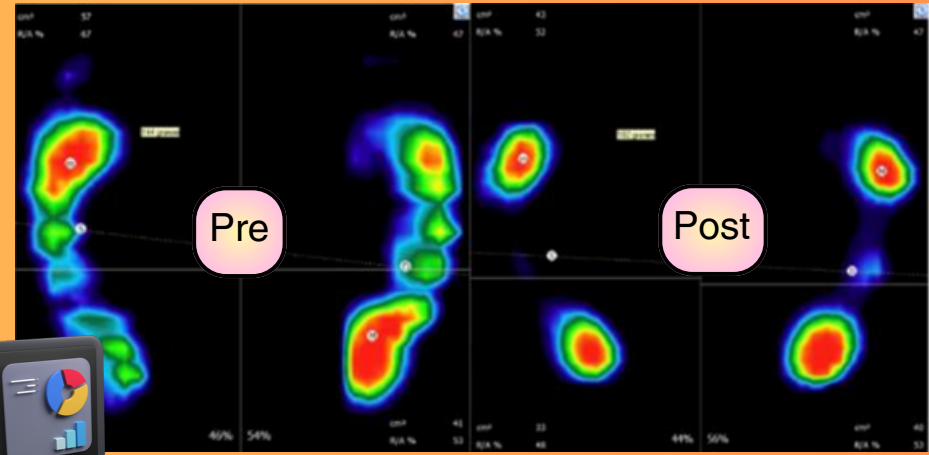


The functional rehabilitation of ankle trauma by the graduate in motor science: Experimental study

The study aimed to rehabilitate ankle trauma with proprioceptive exercise, performed, by graduate in motor science.

Case	Age	Gender	Height (cm)
1	24	M	191
2	22	F	163
3	26	F	170
4	18	M	180
5	19	F	168
6	20	M	184
7	17	M	170



Baropodometric examination to evaluate the effect of the intervention

Protocol

- 48 weeks
- 96 sessions
- 60 min

- ✓ ✓ ✓
- ✓ Proprioceptive (static & dynamic)
- ✓ Isometric and stability
- ✓ Strength
- ✓ Stretching

Results

- Improved ankle stability
- Improved static/dynamic balance
- Lower or non-pain under load
- Enhanced breech support and variation of the centre of gravity
- Return to the field