

Anterior Lateral Ankle Impingement - Importance of Weight Bearing and Non-Weight Bearing Dorsiflexion Measurements

John Sebastian Galer PT, DPT, OCS, CSCS

Use of a recent case study involving a Trinity College women's lacrosse athlete, suffering from anterior lateral ankle impingement with difficulty returning to sport, to highlight the importance of WB and NWB measurements. It will include an overview of anterior lateral ankle impingement, components of full ankle examination performed on above described athlete, treatments based on objective measures, and Live demonstration + breakout session for (objective measurements, joint mobility testing, manual therapy techniques, Exercise based treatments) " - Identify characteristics of pronated and supinated foot postures

- Understand relationship between foot posture and anatomy, biomechanics, functional movement
- Analyze relationship between Non-Weight Bearing Ankle Dorsiflexion measurements and other objective Ankle/Foot measurements
- Relate athlete's impairments with continued symptoms after return to sport
- Learn impairment-based treatments"

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John Galer Pt, DPT is a physical therapist for the Bone and Joint Institute at Hartford Hospital (BJI), CT. John graduated University of Connecticut with his Doctorate in Physical Therapy in 2017. He became a Certified Strength and Conditioning Specialist prior to Graduate school in 2014 and became a residency trained, board certified specialist in Orthopedic Physical Therapy in 2019.