

pediatric annals



Management of Ankle Sprains

JOSEPH N. CHORLEY, MD, AND ALBERT C. HERGENROEDER, MD

More than 2 million people in the United States injure their ankle every year.¹ In this country, the risk of a significant ankle injury is 1 in 10,000 person days,² so that the average individual will experience approximately 2.7 ankle injuries during his or her lifetime.³ In the athletic population, ankle injuries are the most common injury, accounting for 10% to 30% of all musculoskeletal injuries.⁴ At an estimated \$300 to \$900 to diagnose and completely rehabilitate an ankle sprain, we spend approximately \$2 billion a year, which is equal to the amount spent on coronary artery bypass surgery.⁵

Pediatric residency training programs have not emphasized the diagnosis and management of common musculoskeletal injuries.⁶ Because pediatricians care for a young, healthy, and active population, it is important to feel comfortable in the diagnosis, acute care, and the long-term rehabilitation of routine ankle sprains. Like any other disease process, knowledge of the disease (epidemiology, anatomy, mechanism of injury, and clinical manifestations), physical examination techniques, ancillary tests, and expected progression of recovery are essential for effective management.

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EDUCATIONAL OBJECTIVES

1. Review the anatomy of and proper examination techniques for the ankle.
2. Understand how to diagnose, functionally classify, and appropriately refer ankle injuries.
3. Discuss management of ankle injuries from the acute phase through functional rehabilitation and return to full activity.

EPIDEMIOLOGY

Eighty-five percent of all ankle injuries are ankle sprains, and of those sprains, 85% are inversion injuries, 5% are eversion injuries, and 10% are combined injuries.⁷ Ankle sprains are responsible for approximately 15% of the participation time lost to injury⁴ and on the average take 36 to 72 days to completely rehabilitate.⁵ Sports with the highest ankle sprain injury rates emphasize jumping, "cutting," or running on uneven ground. Basketball, both men's and women's, has the highest incidence of ankle sprains (38% to 45% of all their injuries), followed by football, volleyball, soccer, and cross country running.⁴

ANATOMY

The ankle is primarily a bony ligamentous complex. The ankle joint itself can be broken down into two parts that work in concert like a universal joint:

Sprain Ankle Discharge Note Sample

**Kenneth Knight, Kenneth L.
Knight, David O. Draper**

Sprain Ankle Discharge Note Sample:

Therapeutic Modalities Kenneth L. Knight, David O. Draper, 2008 This user friendly text written in a clear and friendly manner by leading experts in the field is intended primarily for undergraduate athletic training students It encourages students to understand both the how and the why of therapeutic modality use so readers become thinking decision making professionals It provides the knowledge needed to evaluate and select the most appropriate modality All major modalities used to treat orthopedic injury and pain are covered from electrotherapy to therapeutic heat and cold to therapeutic massage

Therapeutic Modalities Kenneth Knight, Kenneth L. Knight, David O. Draper, 2012-02-15 Authored by two leading researchers in the athletic training field the Second Edition of Therapeutic Modalities The Art and Science provides the knowledge needed to evaluate and select the most appropriate modalities to treat injuries The authors use an informal student friendly writing style to hold students interest and help them grasp difficult concepts The unique approach of the text teaches aspiring clinicians both the how and the why of therapeutic modality use training them to be decision making professionals rather than simply technicians The Second Edition is revised and expanded to include the latest research in therapeutic modalities New material has been added on evidence based practice and other areas such as pain treatment are significantly expanded It retains the successful format of providing the necessary background information on the modalities followed by the authors 5 Step Application Procedure New photos illustrations and case studies have also been added

Databook on Nonfatal Injury Ted R. Miller, 1995 Injury may be the most preventable major health care problem in the United States It is also extremely costly with one in eight hospital discharges and days of care relating to injury Yet published data on injury frequency costs and consequences are limited This book is a reference volume with a correction factor for inflation updates and should therefore be useful for many years The book examines selected costs of injury by body region by body part and by nature of injury e g fracture laceration It estimates long term consequences and addresses the costs of occupational injuries consumer product injuries intentional interpersonal injuries motor vehicle crash injuries and suicide This information is for hospitals lawyers and expert witnesses insurers doctors program planners and evaluators safety advocates and injured people themselves The health care reform debate has highlighted the importance of data in monitoring and shaping national health policy The costs and level of detail reported here should also help inform health policy discussions

USMLE Step 2 CS Complex Cases Kaplan Medical, 2016-11-01 Publisher Note The USMLE Step 2 CS exam has been discontinued Go beyond the basics with Kaplan Medical s USMLE Step 2 CS Complex Cases the only guide to focus specifically on challenging cases seen on the USMLE Step 2 Clinical Skills exam Concise review expert guidance and sample patient cases help you master each step in the diagnostic reasoning process so you can face the most difficult cases with confidence The Best Review 23 patient cases narrowly focused on advanced clinical content Sample patient notes Step by step breakdown of the clinical thinking process including data gathering data interpretation and writing the patient note

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Writing Patient/Client Notes Ginge Kettenbach, Sarah Lynn Schlomer, Jill Fitzgerald, 2016-05-11 Develop all of the skills you need to write clear concise and defensible patient client care notes using a variety of tools including SOAP notes This is the ideal resource for any health care professional needing to learn or improve their skills with simple straight forward explanations of the hows and whys of documentation It also keeps pace with the changes in Physical Therapy practice today emphasizing the Patient Client Management and WHO s ICF model

Sports Rehabilitation and Injury Prevention Paul Comfort, Earle Abrahamson, 2010-12-01 This text provides a comprehensive practical evidence based guide to the field It covers each stage of the rehabilitation process from initial assessment diagnosis and treatment to return to pre injury fitness and injury prevention Presenting a holistic approach this text also addresses the nutritional and psychological aspects of the rehabilitation process for the amateur sports enthusiast as well as elite athletes Divided into five parts Parts I II and III cover screening and assessment the pathophysiology of sports injuries and healing and the various stages of training during the rehabilitation process Part IV covers effective clinical decision making and Part V covers joint specific injuries and pathologies in the shoulder elbow wrist and hand groin and knee Key features Comprehensive Covers the complete process from diagnosis and treatment to rehabilitation and prevention of injuries Practical and relevant Explores numerous real world case studies and sample rehabilitation programmes to show how to apply the theory in practice Cutting Edge Presents the latest research findings in each area to provide an authoritative guide to the field

COMLEX Level 2-PE Review Guide Mark Kauffman, 2010-02-26 *COMLEX Level 2 PE Review Guide* is a comprehensive overview for osteopathic medical students preparing for the COMLEX Level 2 PE Performance Evaluation examination *COMLEX Level 2 PE Review Guide* covers the components of History and Physical Examination found on the COMLEX Level 2 PE The components of history taking expected problem specific physical exam based on the chief complaint incorporation of osteopathic manipulation instruction on how to develop a differential diagnosis components of the therapeutic plan components of the expected humanistic evaluation and documentation guidelines The final chapter includes case examples providing practice scenarios that allow the students to practice the cases typically encountered on the COMLEX Level 2 PE These practice cases reduce the stress of the student by allowing them to experience the time constraints encountered during the COMLEX Level 2 PE This text is a one of a kind resource as the leading COMLEX Level 2 PE board review book Offers practical suggestions and mnemonics to trigger student memory allowing for completeness of historical data collection Provides a method of approach that reduces memorization but allows fluidity of the interview and exam process Organizes the approach to patient interview and examination and provides structure to plan development Describes the humanistic domain for student understanding of the areas being evaluated

Features Guidelines to help you prepare for successful completion of the COMLEX LEVEL 2 PE Mnemonic tools for detailed complete history taking and plan development Humanistic domain checklist to guide you through the patient encounter Test taking strategies and commonly made mistakes 50 practice case encounters 2011 290 pages **Documenting Care** Frances Talaska Fischbach, 1991 University of Wisconsin Milwaukee School of Nursing s comprehensive charting and documentation manual for students and practitioners **Examination of Musculoskeletal Injuries** Sandra J. Shultz, Tamara C. Valovich McLeod, 2025-04-18 This book addresses several areas of clinical practice that must be mastered to pass the Board of Certification BOC examination including pathology of injury and illnesses examination and assessment and general medical conditions and disabilities **Minor Injuries E-Book** Dennis Purcell, 2016-08-13 The latest edition of this popular textbook continues to offer accessible practical and clinically relevant information on the management of minor injuries Reflecting the author s long experience as a practitioner and teacher the volume covers anatomy examination and specific injuries in the depth that the specialty requires Injuries to all parts of the body are included Richly illustrated throughout with many original images based on the author s own designs the volume is also accompanied by online videos where the author demonstrates the limb examinations which are described in the text The new edition has expanded to survey the law and the basic principles for X ray requesting and interpretation in minor injury areas The volume also offers more detailed guidance on the specific X rays which are required for each of the limb joints This material is intended to satisfy the legal training requirements for new practitioners to request X rays as non medical referrers Fully updated to include the latest guidelines and current practice on minor injuries of every kind the third edition now offers a more comprehensive structure for the specialty of minor injuries based on injuries to the limb and to the midline Within the different topics under these broad headings advice is given on the care of children adults and the elderly Minor Injuries A Clinical Guide third edition will be indispensable to every trainee from nursing and from other professions and to those who are already qualified and who wish to expand or update their practice The volume also aims to equip practitioners to work in stand alone units seeing every patient who presents and as such is ideal for those undertaking Advanced Practice training The book also offers teachers of minor injuries a rationale for their sessions and a framework for designing their courses Describes working methods which are robust flexible and swift Explains the classification of musculoskeletal injuries and use of current investigative techniques Explains normal limb movement to contextualize abnormal presentation More than 150 illustrations help clarify sometimes complex anatomical and clinical information Explains the importance of accurate record keeping including reference to current law Discusses the management of trauma in children and adolescents with special reference to consent and confidentiality non accidental injury communication analgesia and sports injuries Chapter on wound care including burns describes wound assessment exploration infection treatment and complications Explains the management of minor head injuries including clinical examination the use of imaging techniques cranial nerve assessment and discharge advice Chapter

on facial trauma includes damage to the eye ENT problems such as foreign bodies and tooth avulsion Accompanying website contains 77 videos showing the techniques described in the book and a fully downloadable image bank to aid personal study Contains new information on X ray interpretation Re organized to reflect the difference in approach between midline injuries and limb injuries Explains the differences in the management of children and adults Differentiates between the different categories of older people the active and fit retiree and the frail older person

Therapeutic Programs for Musculoskeletal Disorders James Wyss, 2012-12-17 Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans Chapters are written by teams of musculoskeletal physicians allied health professionals and trainees to underscore the importance of collaboration in designing programs and improving outcomes The book employs a literature driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis Each condition specific chapter includes clinical background and presentation physical examination and diagnostics followed by a comprehensive look at the rehabilitation program Case examples with detailed therapy prescriptions reinforce key points The book includes a bound in DVD with downloadable patient handouts for most conditions Therapeutic Programs for Musculoskeletal Disorders Features A concise but comprehensive approach to the conservative treatment of musculoskeletal disorders A focus on developing individualized treatment plans incorporating physical modalities manual therapy and therapeutic exercise A logical framework for writing effective therapy based prescriptions for common limb and spine problems Case examples with detailed therapy prescriptions A targeted review of the associated literature in each condition specific chapter A DVD with illustrated handouts covering home modalities and therapeutic exercises for key problems that can be provided to patients The first reference bringing together physicians allied health professionals and residents to provide an integrated foundation for improved team care utilizing an evidence based approach to musculoskeletal rehabilitation

Healthcare Fraud Rebecca S. Busch, 2012-05-01 An invaluable tool equipping healthcare professionals auditors and investigators to detect every kind of healthcare fraud According to private and public estimates billions of dollars are lost per hour to healthcare waste fraud and abuse A must have reference for auditors fraud investigators and healthcare managers Healthcare Fraud Second Edition provides tips and techniques to help you spot and prevent the red flags of fraudulent activity within your organization Eminently readable it is your go to resource equipping you with the necessary skills to look for and deal with potential fraudulent situations Includes new chapters on primary healthcare secondary healthcare information data management and privacy damages risk management and transparency Offers comprehensive guidance on auditing and fraud detection for healthcare providers and company healthcare plans Examines the necessary background that internal auditors should have when auditing healthcare activities Managing the risks in healthcare fraud requires an understanding of how the healthcare system works and where the key risk areas are With

health records now all being converted to electronic form the key risk areas and audit process are changing Read Healthcare Fraud Second Edition and get the valuable guidance you need to help combat this critical problem Detailed Diagnoses and Procedures, National Hospital Discharge Survey, 1995 **International Technical Conference on Experimental Safety Vehicles. Thirteenth. Proceedings. Volume I.**, 1993 *The New World: College Readings in English* Guy Montgomery, 1921 **NSCA's Essentials of Personal Training** NSCA -National Strength & Conditioning Association, Brad J. Schoenfeld, Ronald L. Snarr, 2021-11-23 Developed by the National Strength and Conditioning Association NSCA NSCA s Essentials of Personal Training Third Edition With HKPropel Access is the definitive reference for personal training professionals and students This comprehensive guide to personal training with contributions from leaders in the field provides the most accurate and reliable information and guidance for current and aspiring professionals Updated to reflect the latest research with clear explanations of supporting scientific evidence this edition will give readers the knowledge skills and abilities KSAs needed by modern personal training professionals New content addresses the latest objectives found on the National Strength and Conditioning Association s Certified Personal Trainer NSCA CPT exam maintaining this text s position as the single best resource for those preparing for the NSCA CPT exam NSCA s Essentials of Personal Training Third Edition provides guidelines for the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs for clients of all ages and fitness levels With comprehensive coverage of various categories of unique client needs readers will learn how to make specific modifications and adjust exercise programs for each individual client Multiple fitness testing protocols and norms for each component of fitness including 10 new tests are all presented along with instructions that are detailed yet easy to follow Over 200 full color photos and accompanying instructions clearly describe and visually show proper technique for exercises and drills including stretching plyometrics and stability ball exercises There are new sections on suspension training manual resistance training and common types of resistance training equipment Plus 27 online videos delivered through HKPropel demonstrate exercise technique in action preparing readers to instruct clients through safe exercise performance Students will also be able to complete chapter quizzes assigned by instructors through HKPropel Study questions at the end of each chapter written in the same style and format as those found on the NSCA CPT exam facilitate learning of chapter content and fully prepare candidates for exam day Practicing professionals and aspiring professionals alike will benefit from a new appendix of advice on building a successful career as a personal trainer NSCA s Essentials of Personal Training Third Edition remains the most comprehensive resource available for personal training preparation and professional development Unmatched in scope this essential text continues to be a definitive reference for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals Note A code for accessing HKPropel is not included with this ebook but may be purchased separately *Clinical Nursing Skills and Techniques - E-Book* Anne G. Perry, Patricia

A. Potter, Wendy R. Ostendorf, Nancy Laplante, 2021-03-09 Learn clinical nursing skills and prepare for success on the Next Generation NCLEX Examination Clinical Nursing Skills Techniques 10th Edition provides clear step by step guidelines to more than 200 basic intermediate and advanced skills With more than 1 200 full color illustrations a nursing process framework and a focus on evidence based practice this manual helps you learn to think critically ask the right questions at the right time and make timely decisions New to this edition are NGN style unfolding case studies preparing you for the changes to the NCLEX exam Written by respected nursing experts Anne Griffin Perry Patricia A Potter Wendy Ostendorf and Nancy Laplante this trusted text is the bestselling nursing skills book on the market Comprehensive coverage includes more than 200 basic intermediate and advanced nursing skills and procedures NEW Next Generation NCLEX NGN style unfolding case studies include answers at the back of the book providing optimal preparation for the Next Generation NCLEX Examination Rationales for each step within skills explain the why as well as the how of each skill and include citations from the current literature Clinical Decision Points alert you to key steps that affect patient outcomes and help them modify care as needed to meet individual patient needs Unique Unexpected Outcomes and Related Interventions sections highlight what might go wrong and how to appropriately intervene Clinical Debrief at the end of each chapter provides case based review questions that focus on issues such as managing conflict care prioritization patient safety and decision making More than 1 200 full color photos and drawings make it easier to visualize concepts and procedures Five step nursing process format helps you apply the nursing process while learning each skill Coverage of QSEN core competencies is incorporated into each lesson including the areas of delegation and collaboration reporting and recording safety guidelines and considerations relating to teaching pediatric geriatric and home care Unique Using Evidence in Nursing Practice chapter covers the entire process of conducting research including collecting evaluating and applying evidence from published research F NEW Next Generation NCLEX NGN style unfolding case studies include answers at the back of the book providing optimal preparation for the Next Generation NCLEX Examination **Journal of Osteopathy** ,1919 PROP - Coding Systems Custom E-Book Anthem,2014-04-25 PROP Coding Systems Custom E Book **Understanding Hospital Billing and Coding** Debra P. Ferenc,2013-02-26 Updated Claim Forms chapter covers the UB 04 claim form Updated information covers diagnosis and procedural coding with guidelines and applications Updated claim forms and names are used throughout

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Table of Contents Sprain Ankle Discharge Note Sample

1. Understanding the eBook Sprain Ankle Discharge Note Sample
 - The Rise of Digital Reading Sprain Ankle Discharge Note Sample
 - Advantages of eBooks Over Traditional Books
2. Identifying Sprain Ankle Discharge Note Sample
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sprain Ankle Discharge Note Sample
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sprain Ankle Discharge Note Sample
 - Personalized Recommendations

- Sprain Ankle Discharge Note Sample User Reviews and Ratings
- Sprain Ankle Discharge Note Sample and Bestseller Lists
- 5. Accessing Sprain Ankle Discharge Note Sample Free and Paid eBooks
 - Sprain Ankle Discharge Note Sample Public Domain eBooks
 - Sprain Ankle Discharge Note Sample eBook Subscription Services
 - Sprain Ankle Discharge Note Sample Budget-Friendly Options
- 6. Navigating Sprain Ankle Discharge Note Sample eBook Formats
 - ePub, PDF, MOBI, and More
 - Sprain Ankle Discharge Note Sample Compatibility with Devices
 - Sprain Ankle Discharge Note Sample Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sprain Ankle Discharge Note Sample
 - Highlighting and Note-Taking Sprain Ankle Discharge Note Sample
 - Interactive Elements Sprain Ankle Discharge Note Sample
- 8. Staying Engaged with Sprain Ankle Discharge Note Sample
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sprain Ankle Discharge Note Sample
- 9. Balancing eBooks and Physical Books Sprain Ankle Discharge Note Sample
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sprain Ankle Discharge Note Sample
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sprain Ankle Discharge Note Sample
 - Setting Reading Goals Sprain Ankle Discharge Note Sample
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sprain Ankle Discharge Note Sample
 - Fact-Checking eBook Content of Sprain Ankle Discharge Note Sample

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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