Ankle and Foot Injuries Research 7.8

1. Research current or alternative treatments of a grade 3 ankle sprain. Identify which are improvements and which are just variations of the same procedure that are mentioned in the textbook.
2. Write a paragraph (minimum 10 sentences) on one of the following subjects, including the prevention, cause, treatment, and rehabilitation of the condition:

* Plantar fasciitis
* Anterior compartment syndrome

1. Research orthotics and their uses in athletics. Write a report about them including the importance of the athlete’s walking and running gait, how does the athlete benefit from using the orthotics, when would orthotics be prescribed to an athlete, and the different types of orthotics available.