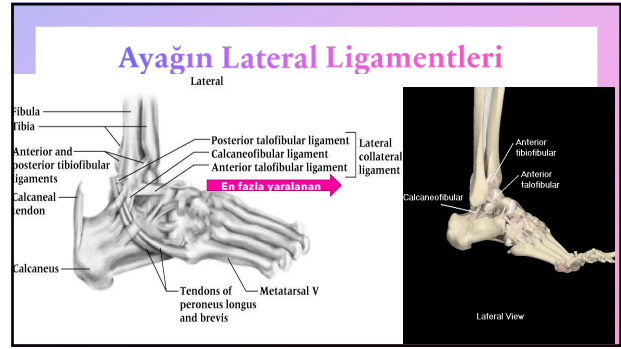




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İyileşmek için ne kadar süre gerekli?

Tam iyileşmek için:

- Hafif sprain/strain: 3-6hf
- Orta sprain/strain: 2-3ay
- Ciddi sprain/strain: 8-12ay

Acute Ankle Sprain: An Update
DOUGLAS IVINS, M.D., M.S.C.E., University of Oklahoma College of Medicine-Tulsa, Tulsa, Oklahoma

Acute ankle injury, a common musculoskeletal injury, can cause ankle sprains. Some evidence suggests that previous injuries or limited joint flexibility may contribute to ankle sprains. The initial assessment of an acute ankle injury should include questions about the timing and mechanism of the injury. The Ottawa Ankle and Foot Rules provide clinical guidelines for excluding a fracture in adults and children and determining if radiography is indicated at the time of injury. Recommendation three to five days after injury, when pain and swelling have improved, may help with



5



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Rehabilitasyon Evresi

Hedefler:

- Ağrısız ROM artırmak
- Kuvvetlendirmeyi geliştirmek
- Proprioseptif eğitimi ilerletmek
- GYA ağrısız artırmak
- Ağrısız tam ağırlık aktarma
- Kompansasyonsuz yürüme
- Plyometrik egzersizler, çeviklik drilleri, koşu aktiviteleri



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NE ZAMAN EGZERSİZE BAŞLAYALIM?

What Do Sports-Like Activity Represent? - Injuries in PNF 2017 May 1

Published in Sport-related items at:
DOI:10.1007/978-94-007-4701-7_17
PMID: 28211888

Sensory-Targeted Ankle Rehabilitation Strategies for Chronic Ankle Instability
Zhang L, et al. "Sensory-Targeted Ankle Rehabilitation Strategies for Chronic Ankle Instability" *Am J Sports Med* 2017;45(10):2300-2308. doi:10.1177/0361342217700000

Ayak bileği sprainlerinde sonra kanıta dayalı egzersiz önerileri



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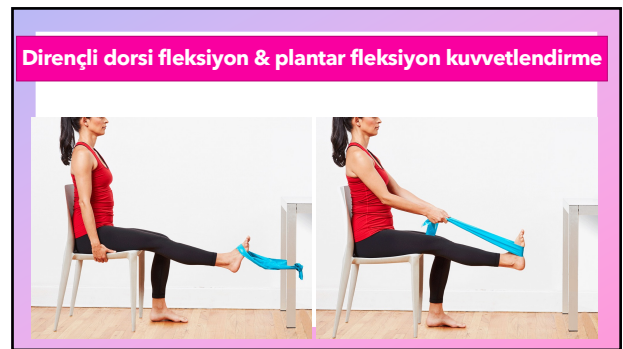
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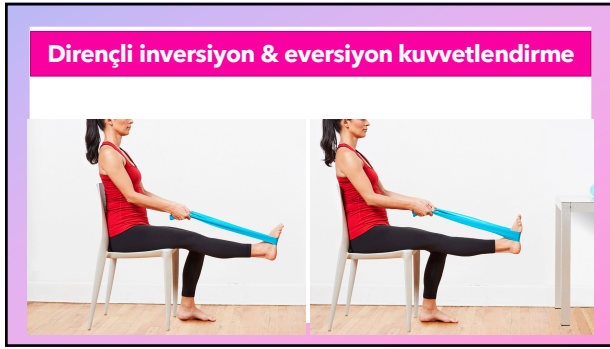
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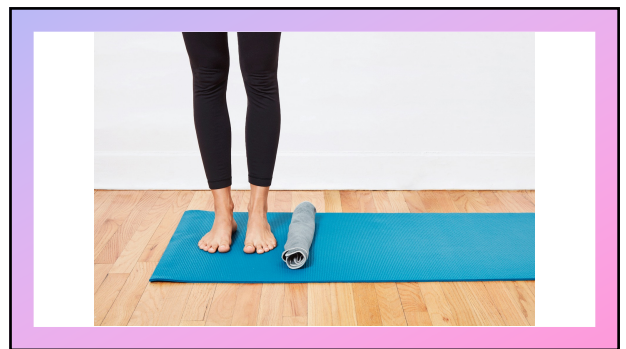
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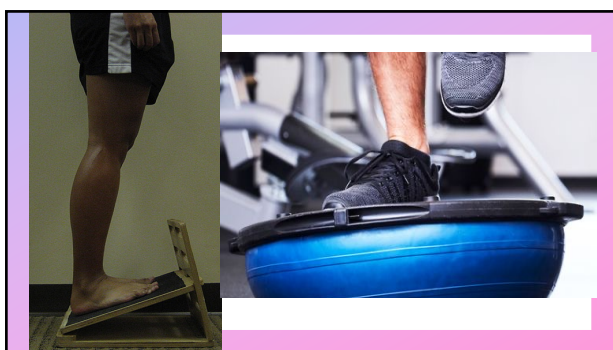
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Bantlama-kinesio tape

ORIGINAL RESEARCH:
EFFECT OF ATHLETIC TAPING AND KINESIOTAPING®
ON MEASUREMENTS OF FUNCTIONAL PERFORMANCE
IN BASKETBALL PLAYERS WITH CHRONIC INVERSION
ANKLE SPRAINS

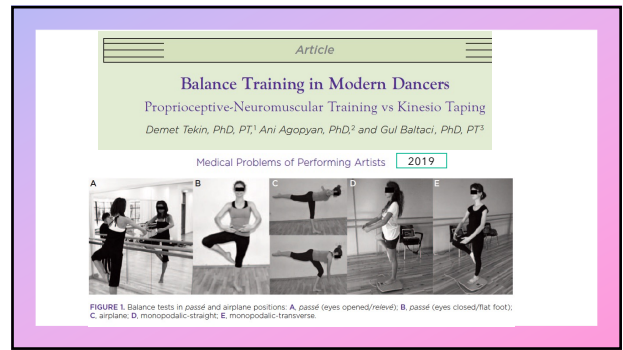
Selda Elci, PT, MS
Nilhan Kocman, PT, MS
Onur Balci, PT, PhD

Three images showing the application of kinesio tape. The first image shows a person's leg with a vertical strip of black tape. The second image shows a foot with a circular pattern of pink and blue tape. The third image shows a foot with a vertical strip of pink tape.

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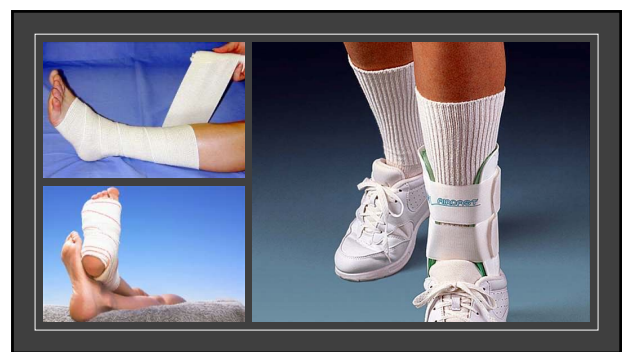
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SPOR İLE İLGİLİ BECERİ PATERNLERİNİN GELİŞTİRİLMESİ

PROPRİOSEPTİF EĞİTİM

- Verilen durumlarda tam ROM.
- Verilen durumlarda denge postürünü koruma



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Propriosepsiyon Egzersizleri

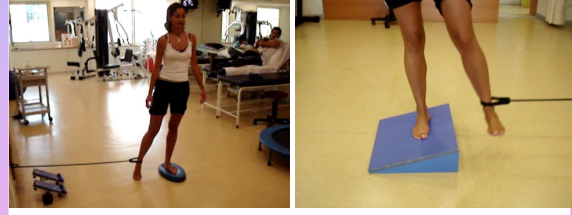


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Thera tüp ile propriosepsiyon egzersiz



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Plyometrik Egzersizler



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Plyometrik Egzersizler

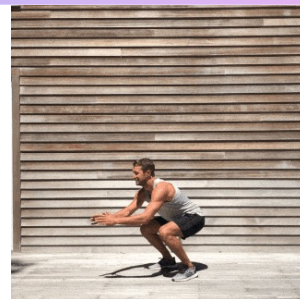


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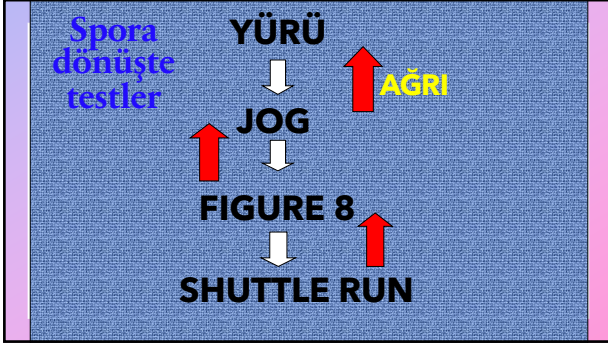
Plyometrik egzersizler



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