

Medial and Lateral Ankle Injuries

Learning Objectives

- Aware of common mechanisms of ankle injury and how they are linked to potential pathology
- Brief overview of ankle anatomy
- Appreciate the ligament most likely to be injured in ankle sprains.
- Differentials in ankle injuries, focusing on medial and lateral ankle sprains
- Awareness of Ottawa ankle rules and the confidence to use them to determine the need for further investigations
- Understand the use of the PEACE and LOVE acronyms in the management of ankle sprains