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Significance of Physiotherapy in Ankle Injury Rehabilitation: A Comprehensive Review

Gabriel Macias*

Department of Orthopedics Surgery, University of Paris, France

Abstract

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Introduction

term recovery and injury prevention. Further research is warrantedto optimize physiotherapy interventions and enhance outcomes for individuals with ankle injuries. Overall, physiotherapy plays a vital role in the comprehensive management of ankle injuries, addressing pain, restoring function, and promoting long-term recovery and injury prevention. Collaboration between patients, physiotherapists, and other healthcare professionals is key to optimizing outcomes and facilitating a safe return to an active lifestyle.

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References

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