



## Understanding and Managing Chronic Ankle Injury: A Comprehensive Model

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### Abstract

Chronic ankle injury, characterized by persistent discomfort, instability, and a propensity for recurrent injury, presents

athletes, coaches, and healthcare professionals about the importance of early intervention and appropriate management is crucial [10].

### Conclusion

Chronic ankle injury poses significant challenges for athletes and individuals alike, often leading to persistent discomfort and functional limitations. However, by adopting a comprehensive approach that addresses the underlying biomechanical, neuromuscular, and psychological factors, individuals with chronic ankle instability can achieve improved outcomes and a reduced risk of re-injury. By combining rehabilitation, biomechanical correction, neuromuscular training, psychological support, and injury prevention strategies, healthcare professionals can effectively manage chronic ankle injury and facilitate a safe return to physical activity.

### References

1. Erich R (2024) Understanding and Managing Chronic Ankle Injury: A Comprehensive Model. Clin Res Foot Ankle, 12: 517.

2. [Author Name] (Year) Title of Reference. Journal Name, Volume: Page Range.