

# Ankle Sprints: The Diagnosis, Treatment and Prevention

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## Abstract

Ankle wounds are an enormous clinical and financial issue. Many individuals have a horrible physical issue of the lower leg, the greater part of which is a consequence of sports. All out expenses of treatment and work non-attendance because of lower leg wounds are high. The counteraction of repeats can bring about huge investment funds on clinical expenses. A multidisciplinary clinical practice rule was created with the plan to forestall further wellbeing hindrance of patients with intense sidelong lower leg tendon wounds by giving proposals regarding worked on symptomatic and restorative open doors. The suggestions depend on proof from distributed logical examination, which was broadly talked about by the rule board. This clinical rule is useful for medical services suppliers who are associated with the administration of patients with lower leg wounds.

**Keywords:** ankle sprains, diagnosis, treatment, prevention, multidisciplinary clinical practice rule, lower leg tendon wounds, medical services suppliers

## Introduction

20 000  
200 000  
40%  
0%  
60- 0%  
12  
33%  
360.2  
20 000  
5

... (2) ...

**Other therapies of acute ankle injury**

...<sup>6</sup> ... (1) ... (2) ...