**Unit 4: Common Injuries and Treatments of Ankle\***

Enduring Understanding

Injuries are uniquely assessed, treated and rehabilitated based on the location of the body, cause of the injury and state of the injured person

Learning Targets

1. Identify on a model or diagram the major parts of the ankle (see vocabulary list)
2. Apply basic anatomy and physiology knowledge of the ankle to identify common injuries involved with sports and how they occur
3. Model proper taping or bandaging techniques used in sports medicine to prevent and treat common sports injuries of the ankle
4. Explain the trainer protocol for each injury and various techniques used to rehabilitate the injury
5. Demonstrate and explain what you are trying to accomplish through the application of specific taping techniques
6. Explain the major pre and post-taping considerations that need to be made when treating an injury

\*Only to further understand the sports medicine field. Students should not tape themselves or others for treatment/rehabilitation unless further education is received

**Vocabulary**

Pre-wrap

Anchor

Heel Lock

Stirrups

Horseshoe

Talocrural joint

Tibia

Fibula

Medial malleolus

Lateral malleolus

Phalanges

-proximal phalanx

-middle phalanx

-distal phalanx

Metatarsals (I-V)

Tarsals

Calcaneus  
Cuboid

Talus

Lateral Cuneiform

Intermediate Cuneiform  
Medial Cuneiform

Navicular

Lateral (collateral) Ligaments

-Posterior talofibular ligament

-Calcaneofibular ligament

-Anterior talofibular ligament

Medial (deltoid) Ligaments

-Posterior tibiotalar ligament

-Tibiocalcaneal ligament

-Anterior tibiotalar ligament

-Tibionavicular ligament

Achilles (calcaneal) tendon