Mindluster Platform

About the course Foot and ankle Injuries treatment in sports

Foot and ankle Injuries treatment course, in this course we will learn about the various types of injuries that can occur in the foot and ankle regions during sports activities, as well as effective treatment strategies. Topics include assessment techniques, rehabilitation protocols, and preventive measures to promote optimal recovery and minimize the risk of future injuries. Special emphasis will be placed on evidence-based practices and practical skills to address common issues such as sprains, fractures, tendon injuries, and overuse syndromes. Participants will gain a comprehensive understanding of the biomechanics involved in foot and ankle injuries, along with the latest advancements in treatment modalities.

Medical Category's Courses

Course Lesson(3)

Lesson 1 : **Os Trigonum Surgery Recovery Ask Dr Moore**

Lesson 2 : **Stubbed Toes and Trouble Folding Your PIP Joint Ask Dr Moore**

Lesson 3 : **Most Common Sports Related Foot Ankle Injuries**

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