

Redefine.

Health Education

HawkGrips

Lateral Ankle Sprain and CAI

Course Syllabus

I. Primary Instructor(s): Laura Ramus, PT, ATC

Laura Ramus is a physical therapist and athletic trainer with over 30 years of experience in sports and orthopedics. She currently serves as the Medical Director for the WNBA Las Vegas Aces.

[CV](#)

II. Financial Disclosures: The authors and presenters of this content are consultants of HawkGrips. Instructors are compensated for teaching HawkGrips courses/webinars. Instructors do not receive reimbursement for the sale of HawkGrips instruments or products at any time.

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The sole purpose of all course content is for education and HawkGrips does not intend to endorse or oppose any specific products, brands, or manufacturers within their educational content.

III. Post Professional Learning Level: Beginner/Basic

IV. Statement of Non-Discrimination: This course is made available to all physical therapist and physical therapist assistant & additional rehab professional licensees on a non-discriminatory basis.

V. Verification of Attendance: Attendance will be verified through Zoom. Following the course, all attendees who have viewed the session in its entirety will be given instructions to move on to the post-course quiz and course evaluation in order to obtain credit & receive a completion certificate. All attendees who did not attend in its entirety will

be given instructions on how they can watch the recorded webinar & will then be prompted to complete the same steps.

- VI. Statement of Relevance to PT Practice:** This webinar covers assessment and treatment considerations for lateral ankle sprains and chronic ankle instability, which are commonly seen in PT practice.
- VII. Differential Diagnosis content:** This course contains 0 hours of differential diagnosis content.
- VIII. Mode of Instruction (select all that apply):**

MODE	Definition	Place X, if applicable
Live, In-Person	Interactive, in-person (same physical space)	
Live, Virtual	Interactive, virtual classroom, synchronous*	X
Online Self-Paced	Asynchronous**, online, self-paced	X
Not Online Self-Paced	Asynchronous, text/workbook, self-paced	
Hybrid	Mixed synchronous and asynchronous instruction. <i>Please spell out the format in your course description/schedule as if you were explaining it to a prospective student.</i>	

*Synchronous – at the same time, live, students can engage/interact with instructor at the same time

**Asynchronous – independent study, students and instructor cannot engage/interact at the same time

IX. Course Description:

This 1-hr livestream webinar (and then on-demand, recording) is designed for clinicians to gain a greater understanding of lateral ankle sprains and chronic ankle instability. The webinar covers the anatomy of the foot and ankle and discusses biomechanics of the lower quarter relative to lateral sprains and CAI. The webinar then covers treatment considerations, including when and how it’s appropriate to apply IASTM in treatment, and discusses how to implement an exercise-based program to address ankle pathology specific to lateral sprains and CAI.

X. Course Outline (if online self-study)

Module #	Module Title/Description	Reading Time/ Video Run Time
1	Recording of live webinar	1

	Quiz and Evaluation	5 min
Total contact hours (rounded down to nearest 0.25 hr)		1

Course Schedule (if LIVE)

7:30-7:35 PM - Introduction & review of course objectives

7:35-8:20 PM - Live lecture (video demonstrations are embedded within the lecture)

8:20-8:30 PM - Live Q & A

Post Course Quiz - 5 Minutes

Post Course Evaluation - 5 minutes

XI. TOTAL Course Contact Hours Requested: 1

XII. Course Objectives:

1. Describe the anatomy and biomechanics of the foot and ankle relative to the Acute Lateral Ankle Sprain & Chronic Ankle Instability.
2. Distinguish between normal and abnormal lower quarter biomechanics and their effects on Lateral Ankle Sprain Rehabilitation design.
3. Discuss and utilize the information to design an appropriate treatment plan including application of IASTM.
4. Discuss how to implement an evidence-based exercise program to address selected lower leg, foot, and ankle pathology specific to Lateral Ankle Sprain and CAI.

XIII. Competency Demonstration: At the conclusion of the course, students must demonstrate a minimum of 80% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

Assessment	Description	Points
<i>Written Quiz</i>	<i>online quiz</i>	100
Possible Points	-----	100

[Quiz and answer key](#)

***Please include quiz questions in certificate form

XIV. Course Evaluation

[Linked here.](#)

XV. Complete Reference List:

[Linked here.](#)
