# **Do You Have an Ankle That Randomly Gives Out on You?**

[](http://www.bone-and-joint-pain.com/images/ankle.jpg)

You may qualify if:

* You are between the ages of 18 and 35 years.
* You have suffered from “giving way” feelings in one of your ankles in the past 6 months and have had at least two previous ankle sprains in that same ankle.
* You are free from any other lower extremity injury in the past 6 months, and free from head injury during the past year.
* You are willing to participate in a 4-week rehabilitation program (3 sessions per week) designed to improve the functional stability of your ankles.

### Please contact Jessica Hilgendorf if you are interested in participating in this study.

[**Jh1808@txstate.edu**](mailto:Jh1808@txstate.edu) **or 512-618-2141**

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If you answered “Yes”, you may have what is called **chronic ankle instability** and may qualify to participate in a graduate research study.

If you: