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Summary of Proprioceptive Training for the Prevention of Ankle Sprains

The purpose of the article is to provide access to research on how proprioceptive training can help prevent ankle injuries to people who have experience an injury before and to people who have not yet suffered an ankle injury. Much of the health care based around ankle injuries today is reactive and is preformed after an athlete has sustained an injury. A much more effective solution to this problem is explored the Article. Preventing the injury before it happens is a much better and healthier solution to this problem and is why research on Proprioceptive Training for the prevention of ankle injuries was performed.

Proprioception is a neural process in which the body takes in an input from the environment to produce a motor response. This is a very important fundamental idea that the hypothesis of this article was based on. Proprioception Training will train a muscle group to react to different muscle movements and stimuli to then train that muscle to respond in a certain way this preventing what may have been an ankle roll or sprain. For example, having a patient balance on a half exercise ball will stain their ankle to get used to the unstableness that would be felt when they roll an ankle. Like a vaccine exposes the immune system to potential viruses, the proprioception training exposes the muscles to a greater and more unstable range of motion to then prevent it later.

This research will help inform my approach to my project because it provides information on ankle injuries and how they can be prevented. For example, ankle injuries are usually sustained because they move out of the range of motion that they are supposed to move in. This can help me because I need to know these ranges of motion and movements to make informed decisions about my project.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5737043/>