**03.12.2019**Test Vr + Flir + humac right ankle

**06.12.2019**Drainage + Guidance +Ac

**09.12.2019**Drainage + guidance explosive tibiasl anterieur + humac strength ankle

**13.12.2019**

Guidance decontracturant left and right strengthening + acup gb 34 on right + humac

**21.12.2019**Humac prog + 2 eccentric at 60 and 120 5 rep + vr + cryotherapy

Next session Test humac

**28.12.2019**Drainage + guidance + humac right ankle shway test much improvement

**08.01.2019**Sprain of left ankle severe begin with drainage + acup and guidance pain and strengthening evertors + cryo