

ANKLE INSTABILITY

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INTRODUCTION

Chronic ankle instability is defined as recurrent *giving way* of the ankle and manifests after multiple ankle sprains, more commonly if they are left untreated. Ankle sprains are the most common injuries in athletes.¹ It is estimated that in the United States, over 23 000 ankle sprains occur every day.² While ankle sprains are extremely common, most patients who experience ankle sprains do not develop chronic ankle instability. Ankle instability can be classified as either lateral or medial. The lateral ligament complex includes the anterior talofibular ligament (ATFL), calcaneofibular ligament (CFL), and posterior talofibular ligament (PTFL), while the medial

Hurwitz SR, Parekh SG. *Musculoskeletal Examination of the Foot and Ankle: Making the Complex Simple* (pp. 59-77). © 2012 SLACK Incorporated.