

REHABILITATION EXERCISES FOR LOWER LIMB SPORTS INJURIES ONLINE RESOURCES

Ankle Sprains

Range of motion exercises, muscle strengthening (isometric, resistance), balance training

- <http://www.aafp.org/afp/20061115/1725ph.html>
- <http://www.aafp.org/afp/20010101/93.html>



IT Band Syndrome

Stretching and strengthening exercises

- <http://familydoctor.org/online/famdocen/home/healthy/physical/sports/147.html>
- <http://familydoctor.org/online/famdocen/home/healthy/physical/injuries/479.html>
- <http://www.exrx.net/ExInfo/Inflexibilities.html>
- Go to “Preventative/corrective Exercises” for IT Band Tightness, Hip Flexor Inflexibility and Dorsiflexion Inflexibility.



Achilles Tendinopathy

Alfredson’s Painful Heel Drop Program

- <http://www.clinicalsportsmedicine.com/chapters/28d.htm>
Stretching and strengthening exercises
- <http://familydoctor.org/online/famdocen/home/healthy/physical/sports/147.html>

