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Criteria-based Return to Sports Decision-making following Lateral Ankle Sprain Injury: A Narrative Review

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ABSTRACT

One of the most common musculoskeletal injuries suffered by athletes competing in both recreational and competitive sports is Lateral Ankle Sprain (LAS).After suffering a LAS injury, over half of Add the people choose not to seek official medical attention and many Return To Sports (RTS) before the impairments caused by the injury are healed. The main objective of this review is to identify prospective studies that used a criteria-based RTS decision-making process for patients with LAS injury. For determining full-text publications, PubMed, Cochrane, Google Scholar, and Scopus add databases searched for article published between the 2015 to 2024, an evidence-based review, follow up study and a prospective randomised trial studies in English567 papers that were first discovered were qualified for full textand 319articles were eliminated because they contained duplicates.248 abstract and titles were assessed, out of those167 were removed due to other treatment. In this review entailed 9 published articles. This study found that, if the athlete is cleared too early or skips critical rehabilitation steps, there is a higher risk of re-injury, particularly in cases where joint instability or strength deficits remain unresolved. This may result in chronic ankle instability or long-term functional impairments. In various studies this has been demonstrated that full recovery of athletes across the criteria',(e.g., strength deficits, balance issues, or psychological concerns)they have safely return to sport following a graded re-entry, starting with non-contact practice and gradually increasing intensity. Further rehabilitation is necessary for the athletes who have not met these criteria should not return to the sports and after full recovery with proper training regimes they can resume the sports. Attention should be given to strengthening, enhancing balance, reestablishing functional movement patterns, and resolving any psychological obstacles.

Keywords: Athletes, Chronic Ankle Instability, Musculoskeletal Injuries, Rehabilitation, Return to Sport