

# ANKLE SPRAINS

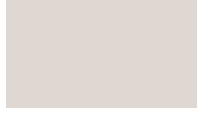
Tackling performance in the  
healing process

*click*



*to*

*print*



# PROPRIOCEPTION



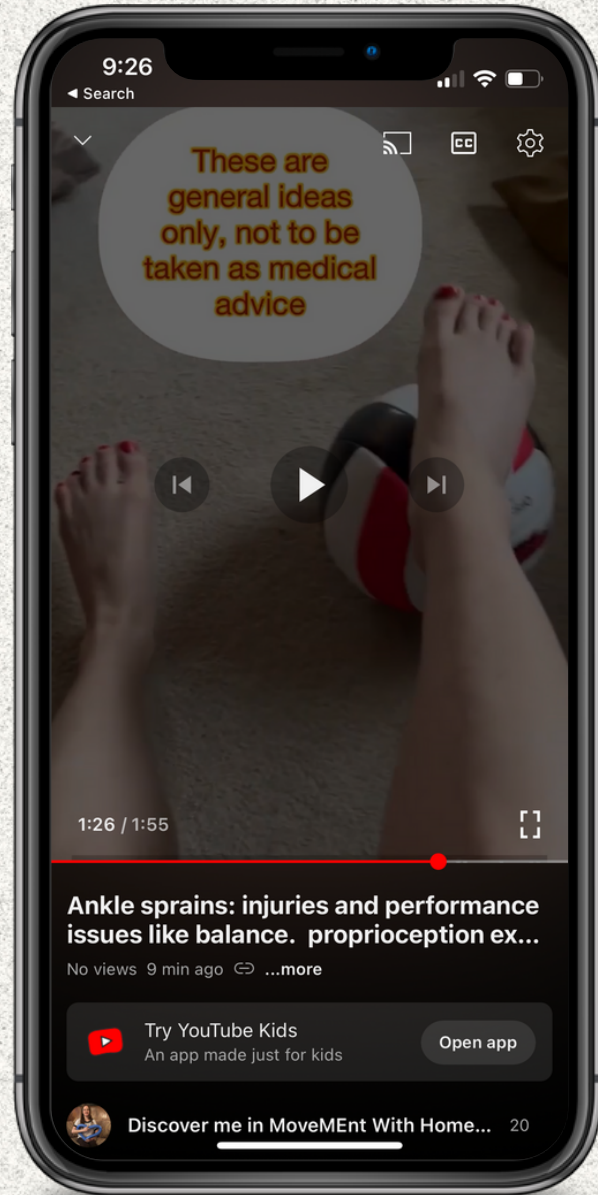




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scan to watch  
full video



**NEED A LITTLE HELP GETTING STARTED?  
HOW ABOUT A PHYSIOTHERAPY ASSESSMENT?**