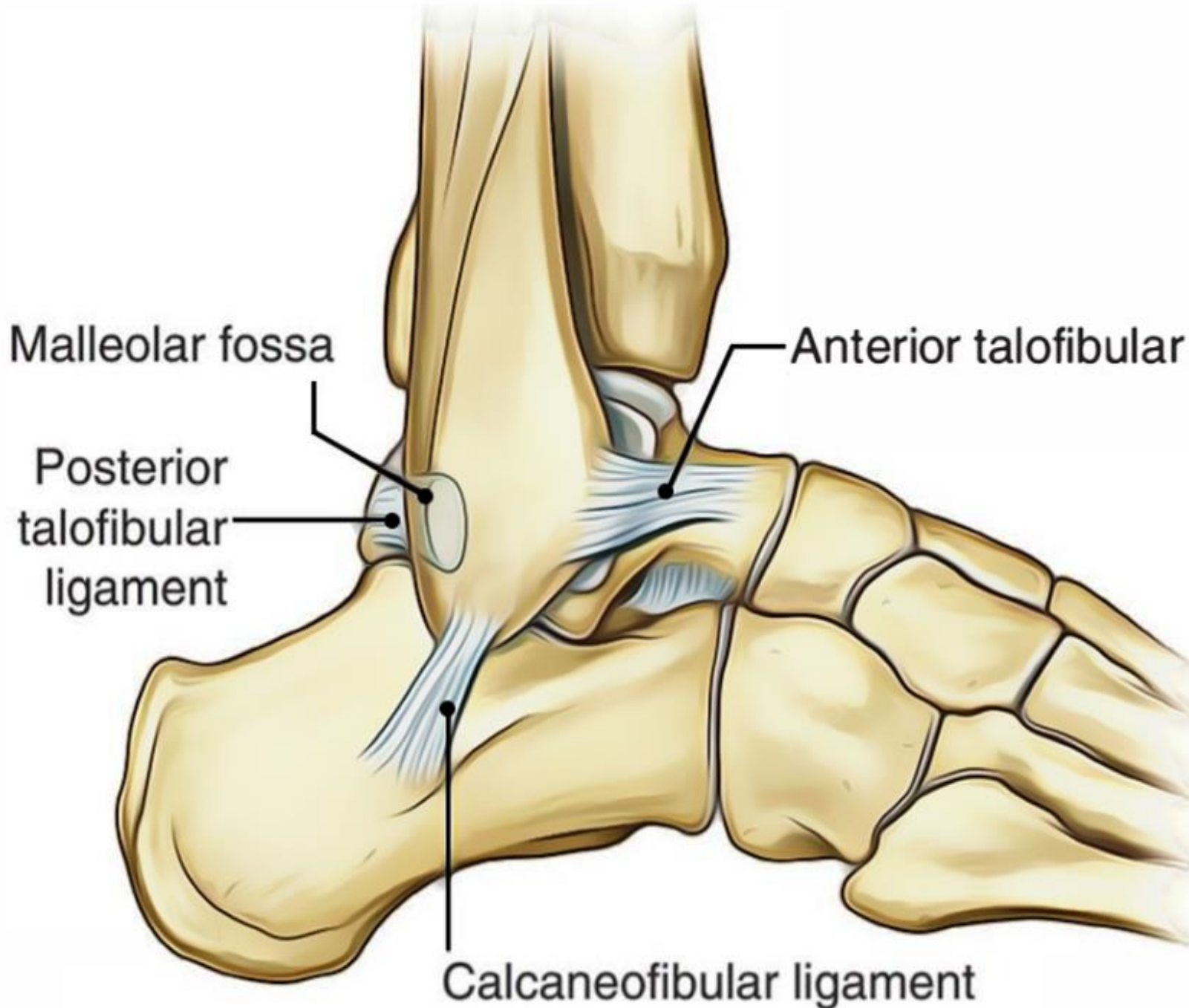


— ANKLE SPRAIN OCHROL



Mecanwaith

- Anafiadau cyhyrysgerbydol mwyaf cyffredin
- Rhwygo ac ymestyn o'r ligaments (ATFL, CFL, PTFL) pan mae'r troed yn rollo i mewn

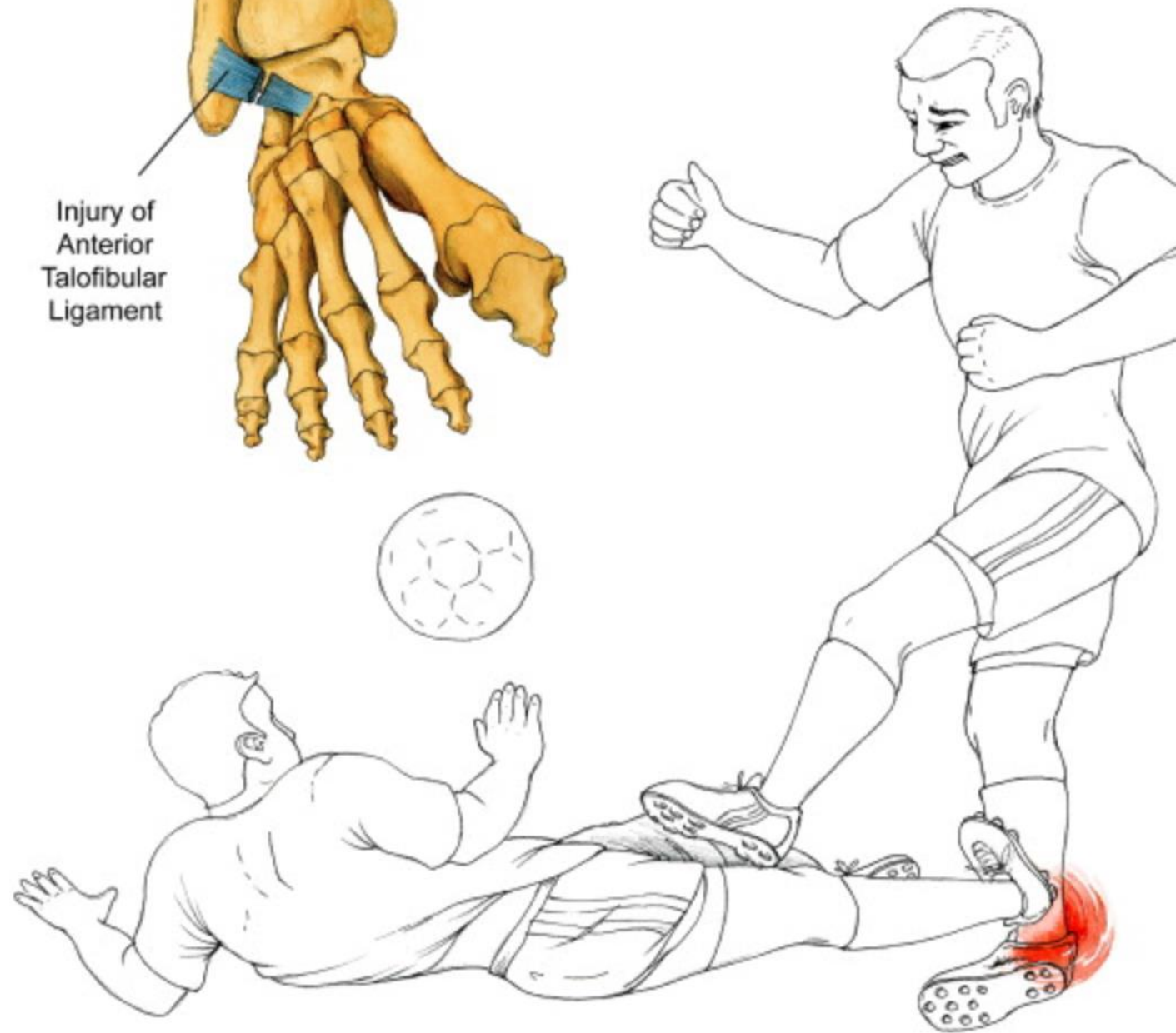
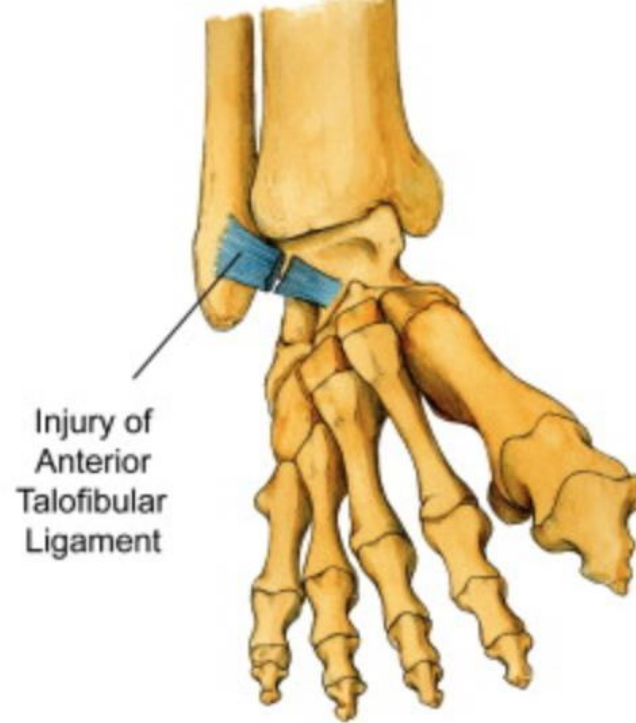


Data
demographig

Ffactorau
anatomegol

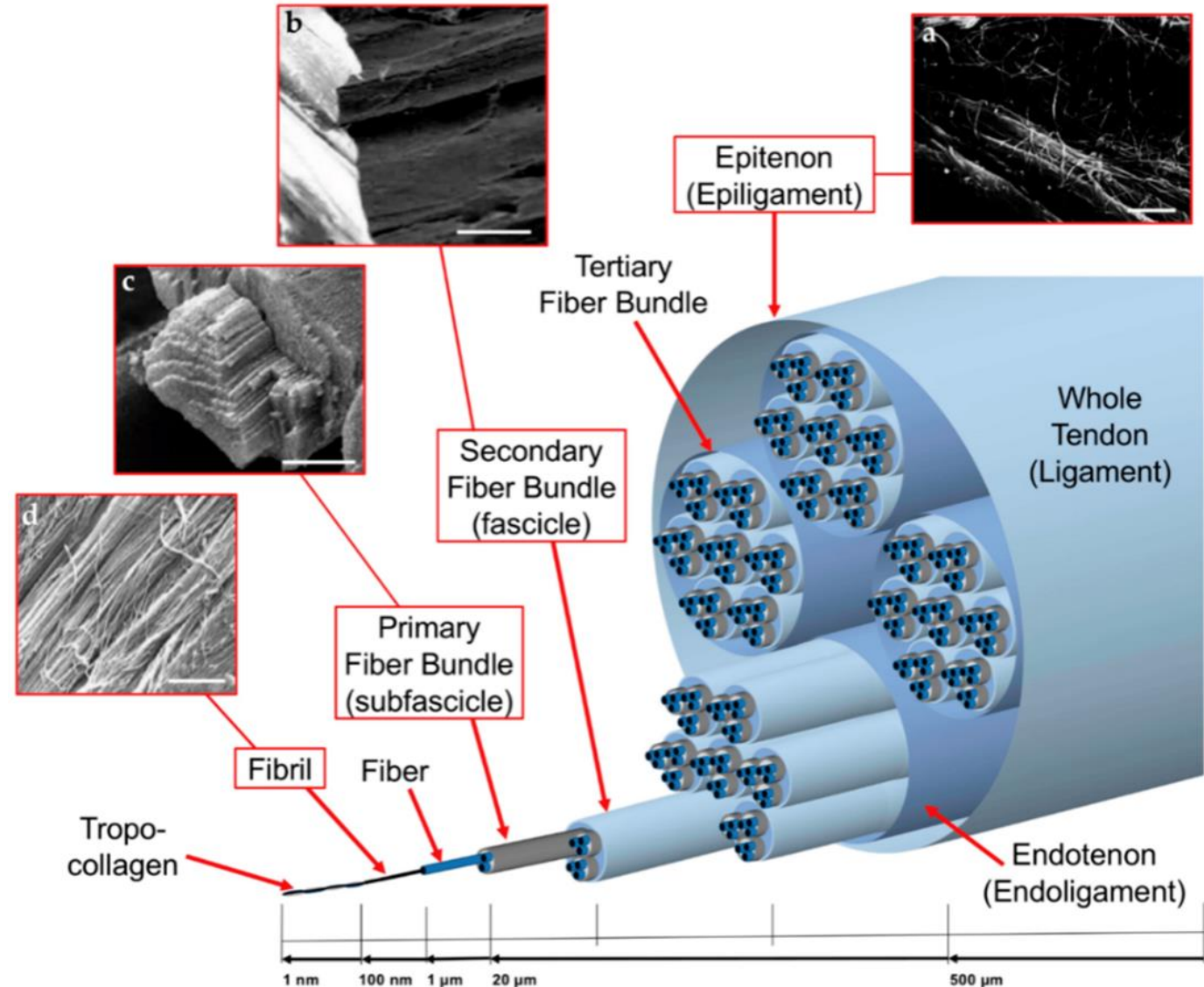
Chwaraeon

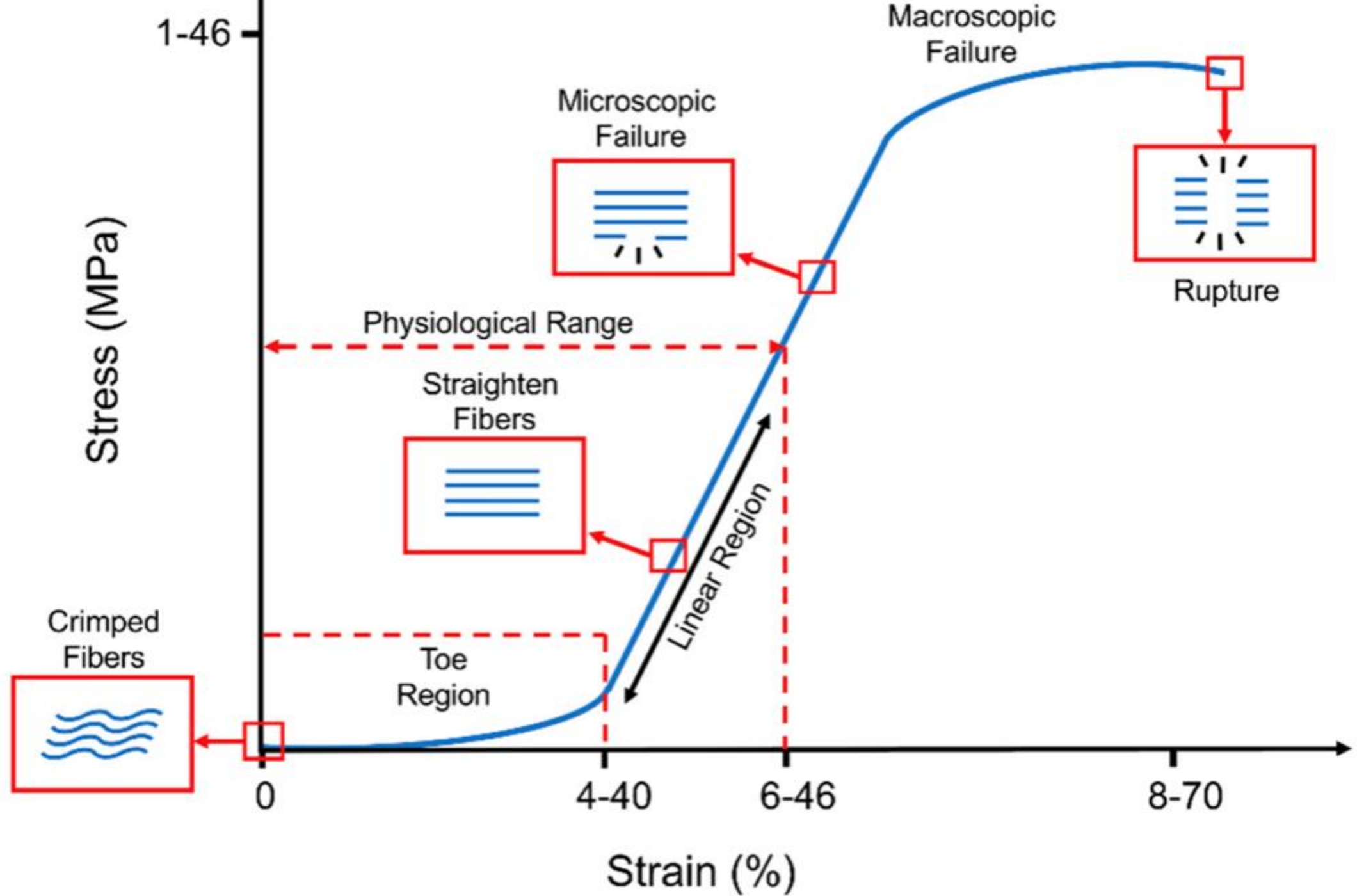
Symudiad canol
disgyrchiant



Ligaments

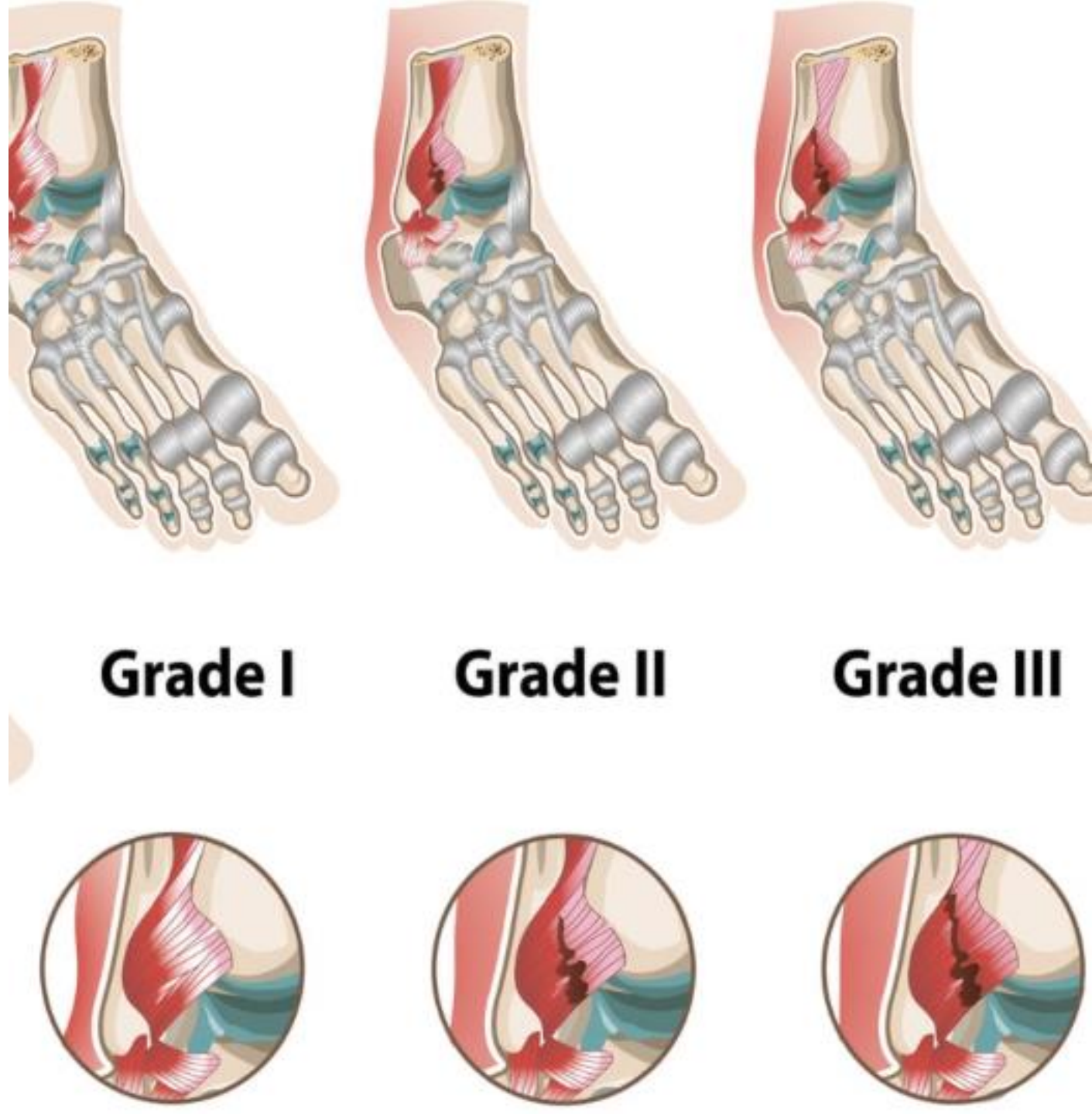
- Cysylltu un asgwrn ag asgwrn arall
- Trefnu mewn patrwm tonnog (crimped)
- Fel spring
- Bwndeli cyfochrog trwchus o ffibrau collagen



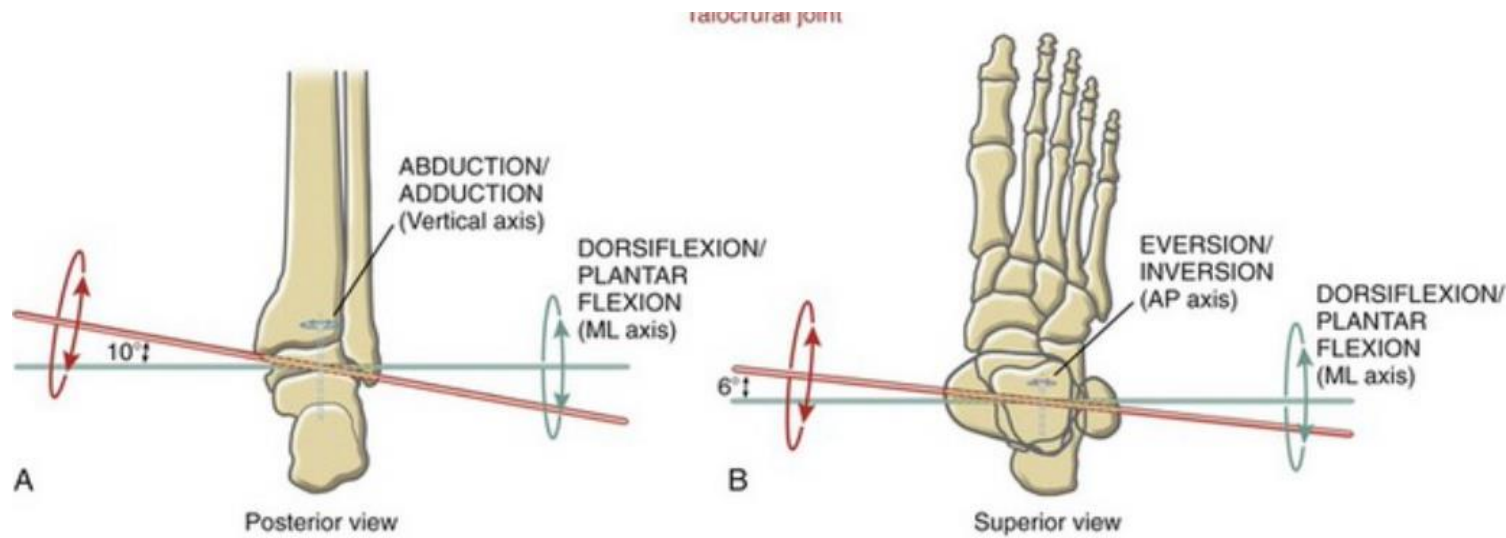


Graddau

- Gradd I: rhwyg rhannol o'r ATFL, prawf anterior draw amhendant a phrawf talar tilt negyddol
- Gradd II: rhwyg llwyr o'r ATFL, sprained CFL, prawf anterior drawer positif a phrawf talar tilt arferol.
- Gradd III: rhwyg llwyr o'r 3 ligaments ochrol, prawf anterior drawer a talar tilt positif a phresenoldeb o ansefydlogrwydd



Joint arthrokinematics



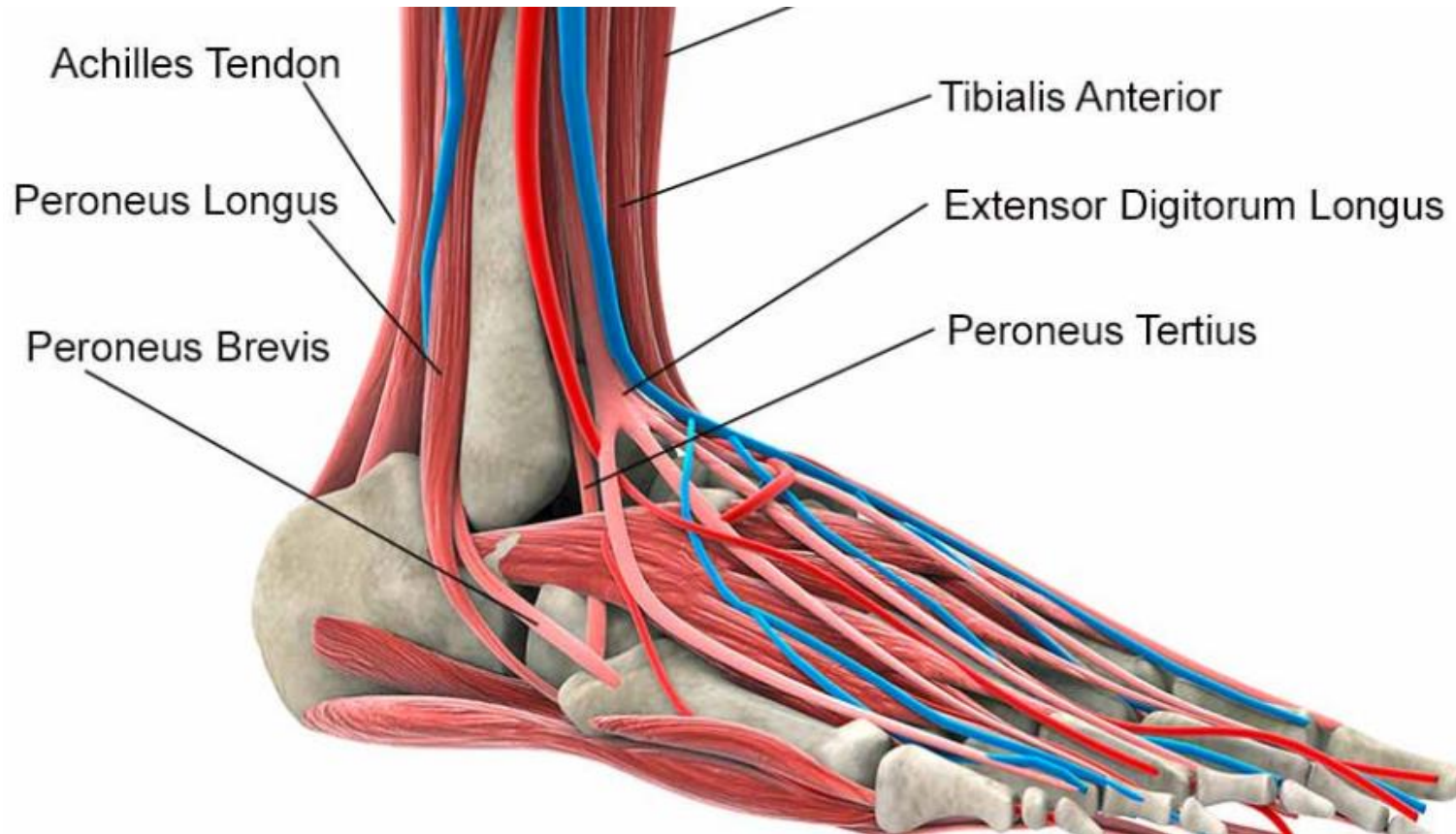
Tair arganiad (cymalau talocrural, subtalar a distal tibiofibiwlaidd)

Hinge synovial joint



Oblique axis yn ymestyn rhwng blaenau'r ddau malleoli

Strwythurau'r ankle



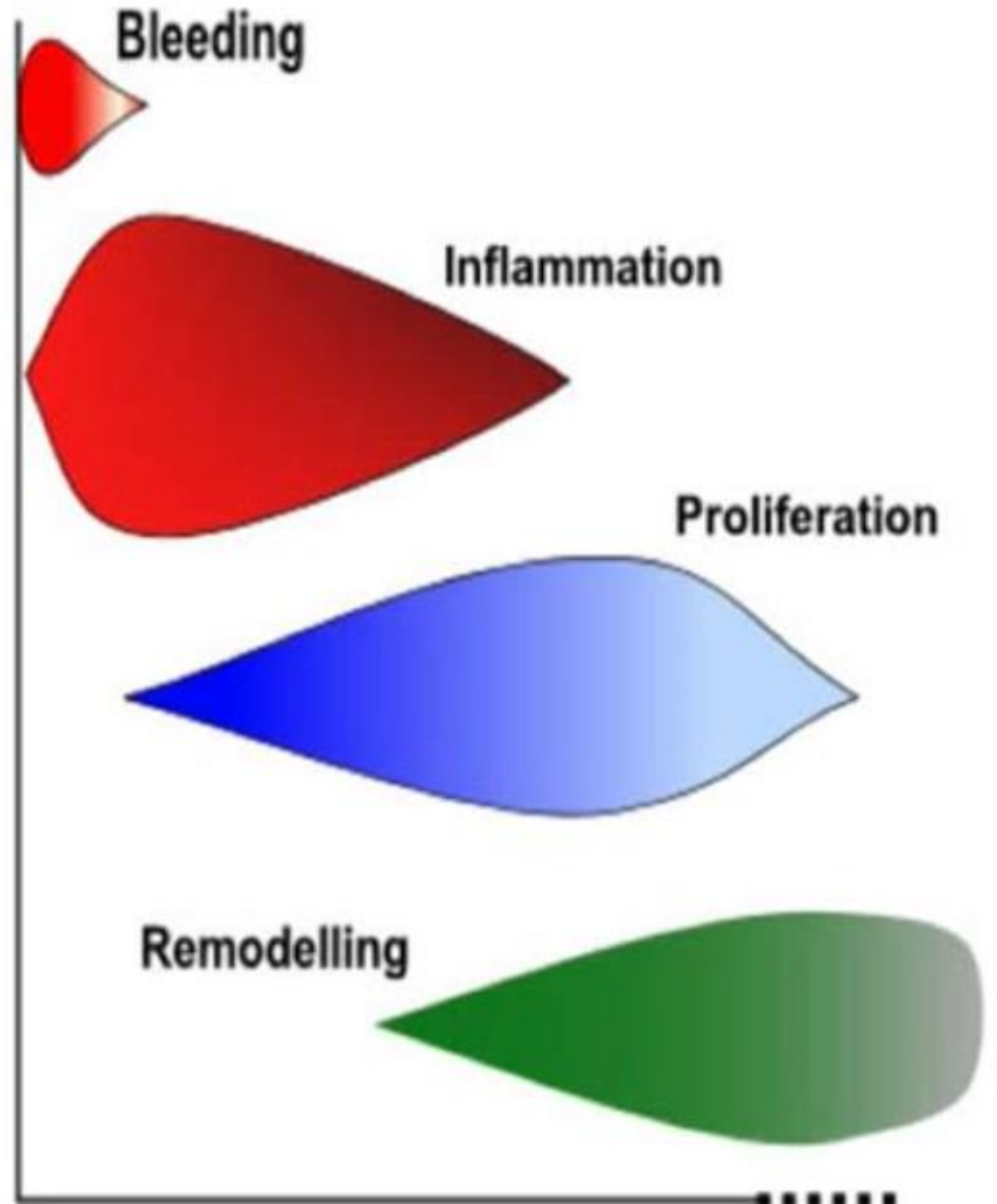
- Cyhyrau'r coes
- Tendonau cysylltiedig
- Ffibrau proprioceptive
- 3 math o grebachuadau



- Tendonau peroneal
- Diffygion proprioceptive ac biomecaneg gwael
- Joint laxity
- Poen a llid

Proses iachau

- 1) Hemorrhage a llid
- 2) Proliferation ffibroblastig
- 3) Ffurio protein collagen
- 4) Aeddfedu collagen



Ystod o symudiad

Dorsiflexion

Plantar flexion

- Cynnig cynnar (early motion) yn nod pwysig mewn triniaeth
- Cynnal ystod llawn o symudiad
- Leihau'r siawns o arthrofibrosis

Y wyddor



Ankle Inversion with Band

Start Position



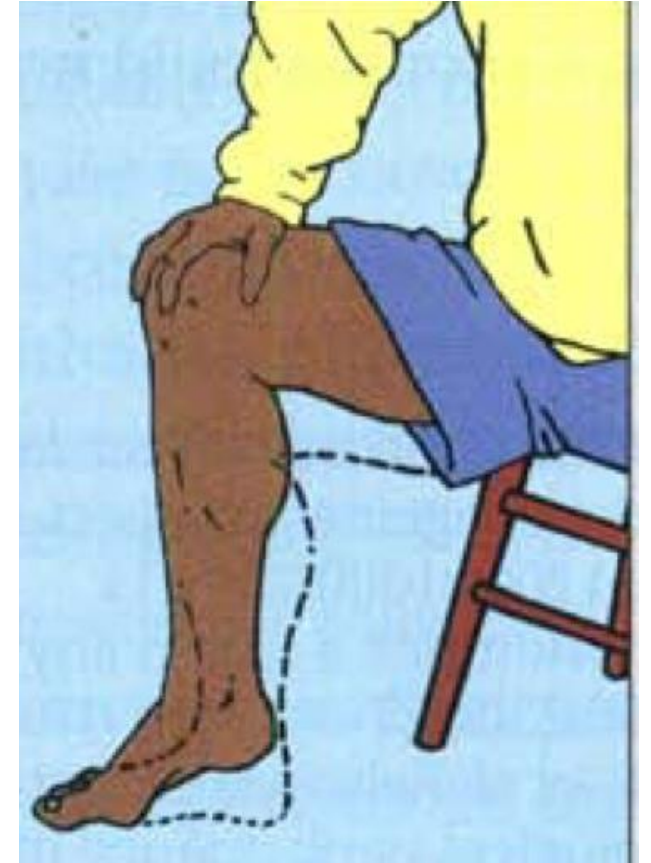
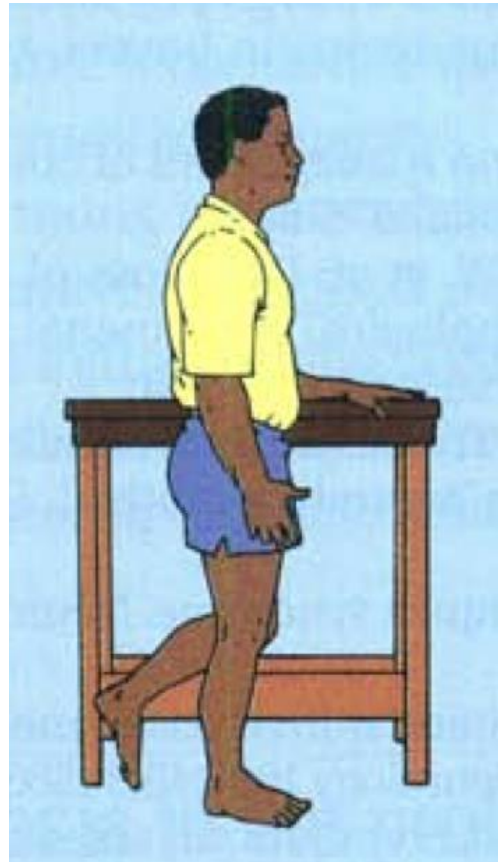
End Position



- Targedu plantarflexion, dorsiflexion, inversion ac eversion.
- Sets:3
- Resistance
- Reps:15 eiliad
- Sets:3

Ymarferion cryfder

- I gryfau'r cyhyrau proneals, tibialis posterior.
- Reps: 15 eiliad
- Sets: 3



PROPRIOCEPTIVE AC CYDBWYSEDD





SWYDDOGAETHOL

A) anterior, B) cyfeiriad posterior medial, ac C) cyfeiriad posterior lateral.



UNRHYW GWESTIYNAU?

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