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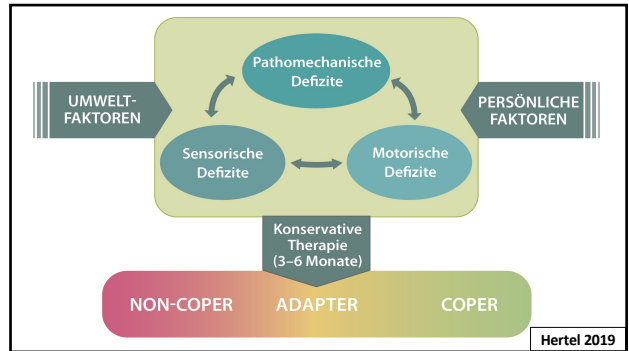
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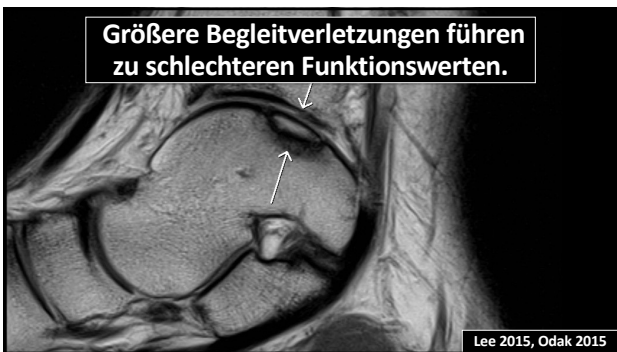
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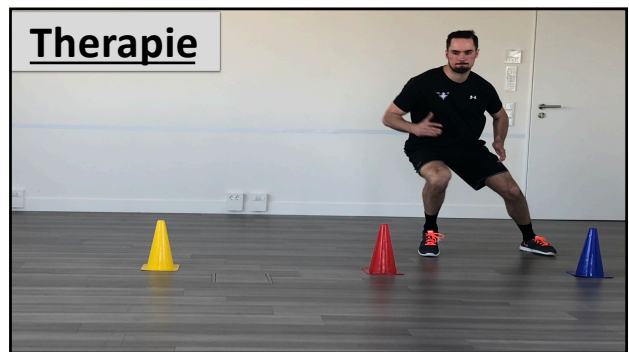
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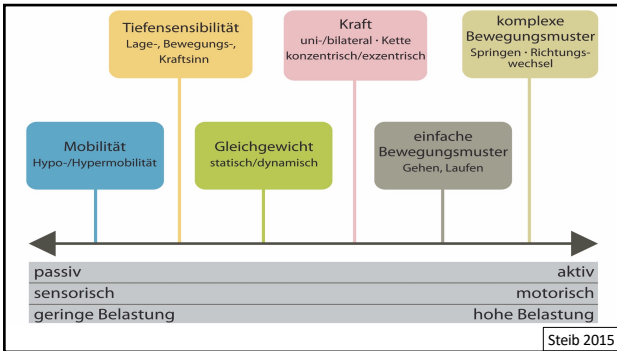
Klinisches Problem	Testung
Schmerz	VAS, FADI
Schwellung	Figure-of-eight
Beweglichkeit/Arthrokinematik	Weight-Bearing Lunge Test Posterior Talar Glide Test
Kraft	Dynamometer
Statische/dynamische Balance	Balance Error Scoring System, SEBT
Gang, Aktivitätsniveau	Ganganalyse, Tegner Activity Level Scale
Patient related outcome measures (PROM)	FADI, FAAM

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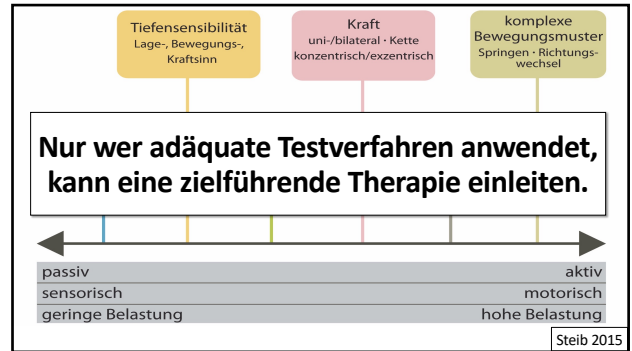
Klinisches Problem	Testung
Schmerz	VAS, FADI
Schwellung	Figure-of-eight
Beweg	Test Test
Statische/dynamische Balance	Balance Error Scoring System, SEBT
Gang, Aktivitätsniveau	Ganganalyse, Tegner Activity Level Scale
Patient related outcome measures (PROM)	FADI, FAAM

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<p>Patientenmanagement</p> <ul style="list-style-type: none"> • Modifikation • Edukation • Symptomatische Therapie 	<p>Aktive Therapie</p> <ul style="list-style-type: none"> • Koordination • Kraft • Ausdauer 	<p>Begleitende Maßnahmen</p> <ul style="list-style-type: none"> • Externe Stabilisation • Mobilisation
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McKeon 2019, Vuurberg 2018, Doherty 2017, Shi 2019

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CHECKLISTE

- Mobilisation: 5 Min.
- Tiefensensibilität: 5 Min.
- Balance: 10 Min.
- Kraft: 15 Min.
- Dynamik: 10 Min.
- Gesamt 45 Min.**
- ☞ 2x Woche
- ☞ Mindestens 3 Monate

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Statement

Ein Trainingsumfang >900 Minuten produziert bessere Ergebnisse!
(Doherty 2017)

Klinisch relevante Adaption!
(Powden 2019, Ardakani 2019, Hall 2018a/b)

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Primärprävention:
☞ 47% ↓

Sekundärprävention:
☞ 63% ↓

☞ „EASY“

Barelds 2018, Doherty 2017, McKeon 2019, Janssen 2018

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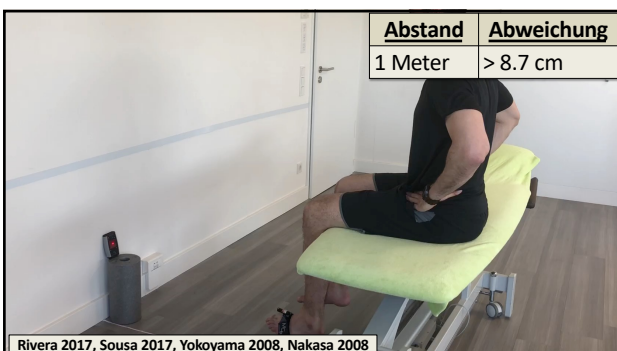
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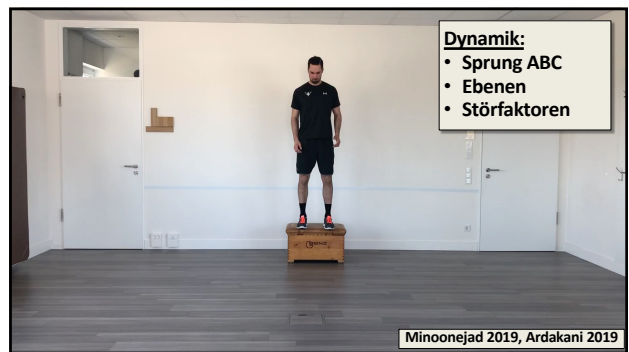
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