

STUDENT RESEARCH WEEK

POSTERS · TALKS CREATIVE WORK

A Review of Common Basketball Injuries: Lateral Ankle & Anterior Cruciate Ligament Sprains

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Abstract

This research project was a literature review on common injuries in the sport of basketball, specifically the lateral ankle and anterior cruciate ligament sprains. Our goal was to synthesize a research paper that cohesively outlined the mechanisms of injury, immediate treatment, rehabilitation, and prevention for each of the injuries. My colleagues and I were to conduct this research study as if we would use the information gathered to treat potential future clients. Upon the completion of the research paper, we were asked to distill our main findings into a research poster format. The information gathered will greatly assist in our future endeavors in the field of rehab medicine.

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