Recurrence of Injury Post Return to Play Following Lateral Ankle Sprain

This study tested the recurrence of injury rates for D-1 athletes following a lateral ankle sprain. The independent variable being whether they experienced time out from play following injury. This study saw a decreased risk ratio with time out from play, but the statistics did not have significant power due to a small sample size. Thus, no definitive claims can be made, and we push to retest with a larger sample size.