

# Supervised exercises for adults with acute lateral ankle sprain: a randomised controlled trial

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON23361

### Source

Nationaal Trial Register

### Brief title

N/A

### Health condition

Acute lateral ankle sprain

## Sponsors and support

**Primary sponsor:** Erasmus Medical Center, Department of General Practice

**Source(s) of monetary or material Support:** Care research program of the Erasmus university

## Intervention

## Outcome measures

### Primary outcome

- Experienced recovery (VAS 0-10)

- Occurrence of a re-sprain (yes/no)

### **Secondary outcome**

- Patients appreciation of the received treatment (no/partial/full appreciation)
- Reported instability (VAS 0-10, function score)
- Tested instability (Romberg's test, one-leg hop test)
- Range Of Motion (injured vs. non-injured)

## **Study description**

### **Background summary**

During the recovery period after acute ankle sprain, it is unclear whether conventional treatment should be supported by supervised exercise. In this study the short-and long-term effectiveness of conventional treatment combined with supervised exercises compared with conventional treatment alone in patients with an acute ankle sprain is evaluated.

### **Study objective**

Supervised exercises combined with conventional treatment will have a positive effect on experienced recovery and occurrence of re-sprains at 3 and 12 months follow-up compared to conventional treatment alone

### **Study design**

3 and 12 months follow-up

### **Intervention**

Supervised exercise:

Individual and progressive training programme supervised by a physiotherapist using a standardised protocol. Max. of nine half-hour sessions, within a period of 3 months.

Conventional treatment:

Information about early ankle mobilisation, including advice for home exercises and early weight bearing.

## Contacts

### Public

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## Eligibility criteria

### Inclusion criteria

1. Patients aged 18 till 60 consulting the general practitioner or the emergency department of the local hospital with an acute lateral ankle sprain within 1 week after injury.

### Exclusion criteria

1. Patients were excluded if they had a history of an injury of the same ankle during the previous 2 years or if they had a fracture of the same ankle.

## Study design

### Design

Study type: Interventional

Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-03-2002
Enrollment:	158
Type:	Actual

## Ethics review

Positive opinion	
Date:	30-09-2008
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

### Register ID

NTR-new NL1407

NTR-old NTR1467

Other Medisch Ethische toetsings Commissie Erasmus Medisch : 196.926/2000/238

ISRCTN ISRCTN wordt niet meer aangevraagd

## Study results

### Summary results

van Rijn RM, van Os AG, Kleinrensink GJ, Bernsen RM, Verhaar JA, Koes BW, Bierma-Zeinstra SM. Supervised exercises for adults with acute lateral ankle sprain: a randomised controlled trial. *Br J Gen Pract.* 2007 Oct;57(543):793-800.