

Getting evidence into Clinical Practice: Critically Appraised Topic Group (CAT Group)

Specific Question:

In adults with lateral ankle sprain is an orthosis plus strengthening exercises compared to strengthening exercises alone more effective in managing pain?

Clinical bottom line



There was no evidence to answer this question. One abstract of interest was found but this study has not been completed.

Practice will remain unchanged. Clinicians using orthoses as part of their ankle sprain management strategy are encouraged to audit their results to obtain evidence on patient feedback and experience.

Why is this important?

Lateral ankle sprains are a common injury with no hard evidence as to which treatment is superior. This question was important as there is a variation amongst professions in the treatment of lateral ankle sprain ranging from advice, exercises, ankle bracing, in-shoe foot orthoses and a combination of all. The group wished to explore the evidence base behind using an orthosis.

Search timeframe: 2011 -2021

Inclusion Criteria

	Description	Search terms
Population and Setting	SR & RCT in the last 10 years Worldwide Adults > 16 years	Acute Adults over 16 years Lateral ankle sprain LAS ATFL Anterior talofibular ligament sprain Inversion injury
Intervention or Exposure		Orthotics Orthoses Custom orthoses Over the counter Off the shelf orthoses

		Foot orthoses Pre-formed orthoses Chairside orthoses
Comparison, if any		Exercise Strengthening exercises Loaded Concentric Eccentric isometric exercises Isokinetic exercises Isometric exercises Proprioception and balance exercises
Outcomes of interest		Reduced pain
Types of studies	RCT SR	

Routine Databases Searched

Clinical Knowledge Summaries, Medline, CINAHL

Date of search- 23rd December 2021

Results of the search

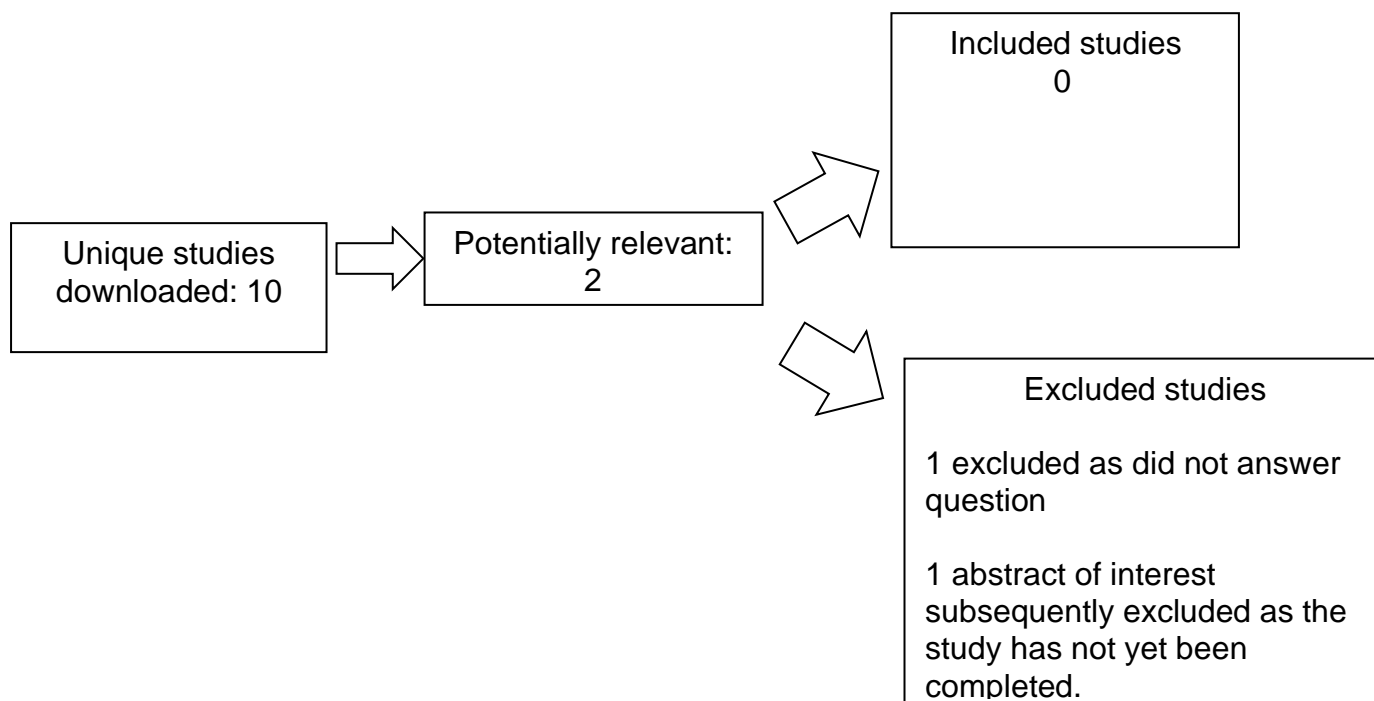


Table 1- Detail of included studies

First Author, year and type of study	Population and setting	Intervention or exposure tested	Study results	Assessment of quality and comments
None found				

Summary

No evidence was found.

Implications for Practice/research

This question remains unanswered. Further research in this area is needed.




What would you tweet? (140 characters)

No evidence found to answer the question that adding an orthoses in addition to strengthening exercises in adults with lateral ankle sprain improves pain. Audits recommended.

References

Abstract of interest:- The ANKLE TRIAL (ankle treatment after injuries of the ankle ligaments): what is the benefit of external support devices in the functional treatment of acute ankle sprain? A randomised controlled trial.

Author(s): Witjes, Suzanne; Gresnigt, Femke; van den Bekerom, Michel P J; Olsman, Jan G; van Dijk, Niek C **Source:** BMC musculoskeletal disorders; Feb 2012; vol. 13; p. 21

	Good quality evidence to support use....	<input type="checkbox"/>
	Insufficient or poor quality evidence OR substantial harms suggest intervention used with caution after discussion with patient...	<input type="checkbox"/>
	No good quality evidence found	<input type="checkbox"/> ✓

