

Four-Week Ankle-Rehabilitation Programs in Adolescent Athletes With Chronic Ankle Instability

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Level of Evidence: 2

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The objective of this study is to determine the effectiveness of three rehabilitation programs on clinical measures of balance and self-reported function in adolescent patients with chronic ankle instability (CAI). Resistance-band and balance board exercises have been shown to improve function in patients with chronic ankle insufficiency.

A randomized control trial was done in high school athletic training facilities. One group was given resistance band exercises, another was given a Biomechanical Ankle Platform System and one group was given both. The resistance band exercise group had to complete 3 sets of 10 repetitions of ankle dorsiflexion, plantarflexion, dorsiflexion, inversion, and eversion, while the group with the Biomechanical Ankle Platform system had to do 5 sets of clockwise and counterclockwise rotations; the control group didn't perform any exercises. Multiple variables were analyzed before and after the intervention to determine whether there are any differences in multiple dependent variables over time or between treatment after which a univariate analysis was done.

The results show that every rehabilitation groups worked better than the control group. However, each rehabilitation group was equally effective. The researchers concluded that any one of these interventions could be successfully incorporated in adolescents with chronic ankle insufficiency.



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