Janssen KW, Mechelen W, Verhagen E. Bracing superior to neuromuscular training for the prevention of self-reported recurrent ankle sprains: a three-arm randomised controlled trial. Br J Sports Med 2014;48:1235-1239.

Design: randomized clinical trial

Study question: among physically active adults with a lateral ankle sprain, are there differences in the frequency of recurrent sprains between the use of braces and the use of neuromuscular training?

Reasons not to cite as evidence:

- The diagnosis of a lateral ligamentous injury was made by an oral assessment by a sports physician, using an injury registration form previously used in studies by Hupperets et al 2009, which used the form first described by Verhagen et al 2004
- This injury registration form was based on self-report by the athletes whose injuries were the focus of the previous studies, and were defined by the athlete leaving the game during which the injury occurred or by an inability to participate fully in the following scheduled game
- Without a physical examination to confirm the diagnosis of a lateral ligamentous injury, the inclusion criteria are not sufficiently specific or relevant to support an evidence statement regarding the effectiveness of any subsequent intervention

References:

Hupperets MD, Verhagen EA, van Mechelen W. Effect of unsupervised home based proprioceptive training on recurrences of ankle sprain: randomised controlled trial. BMJ. 2009 Jul 9;339:b2684.

Verhagen E, van der Beek A, et al. The Effect of a Proprioceptive Balance Board Training Program for the Prevention of Ankle Sprains: A Prospective Controlled Trial. Am J Sports Med 2004;32:1385-1393.