

The effectiveness and cost-effectiveness of a proprioceptive balance board training programme for the prevention of recurrent acute lateral ankle sprains

Submission date

08/03/2006

Recruitment status

No longer recruiting

☒ Prospectively registered

☐ Protocol

Registration date

08/03/2006

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

12/08/2010

Condition category

Injury, Occupational Diseases, Poisoning

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

NTR579

Study information

Scientific Title

Acronym

2BFit

Study objectives

An unsupervised proprioceptive balance board training programme that is applied after the usual care of individual athletes who have sustained an acute sports-related lateral ankle ligament injury is effective for the prevention of ankle sprain recurrences.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised active controlled parallel group trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied

Acute ankle sprain

Interventions

All subjects will be treated by means of usual care of their own choice. After treatment subjects of the intervention group will receive the intervention programme consisting of a 8-week proprioceptive balance board training programme.

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Incidence of ankle sprain recurrences.

Secondary outcome measures

1. Costs associated with ankle sprain recurrences
2. Compliance with the intervention programme

Overall study start date

01/08/2006

Completion date

01/08/2009

Eligibility

Key inclusion criteria

Athletes visiting the emergency room due to a sports related acute ankle sprain.

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

1052

Key exclusion criteria

Does not meet the inclusion criteria

Date of first enrolment

01/08/2006

Date of final enrolment

01/08/2009

Locations

Countries of recruitment

Netherlands

Study participating centre
Vrije University Medical Centre
Amsterdam
Netherlands
1081 BT

Sponsor information

Organisation

Vrije University Medical Centre (VUMC) (Netherlands)

Sponsor details

EMGO Institute
Van der Boechorststraat 7
Amsterdam
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emgo@vumc.nl

Sponsor type

Hospital/treatment centre

Website

<http://www.vumc.nl/>

ROR

<https://ror.org/00q6h8f30>

Funder(s)

Funder type

Research organisation

Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	09/07/2009		Yes	No
Results article	results	01/11/2010		Yes	No