

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	<input checked="" type="checkbox"/> Prospectively registered
Registration date 08/03/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 12/08/2010	Condition category Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
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

Study type(s)

Treatment

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(s)

Incidence of ankle sprain recurrences.

Key secondary outcome(s)

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

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

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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)

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

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