

# 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**

Dr M. Hupperets

**Contact details**

Vrije University Medical Centre

EMGO-Institute

Van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

m.hupperets@vumc.nl

## 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?
<a href="#">Results article</a>	results	09/07/2009		Yes	No
<a href="#">Results article</a>	results	01/11/2010		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes