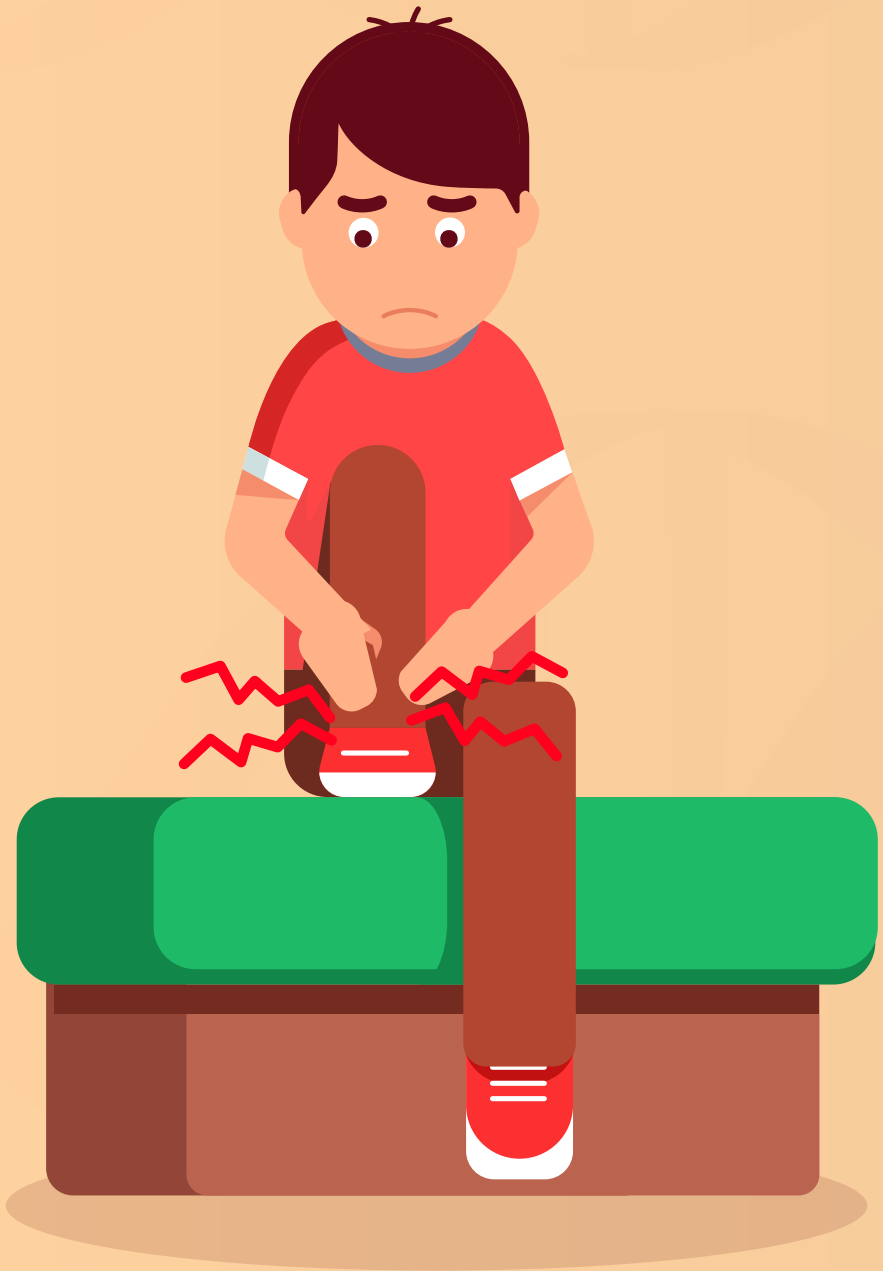


Use of External Supports in Patients with Chronic Ankle Instability

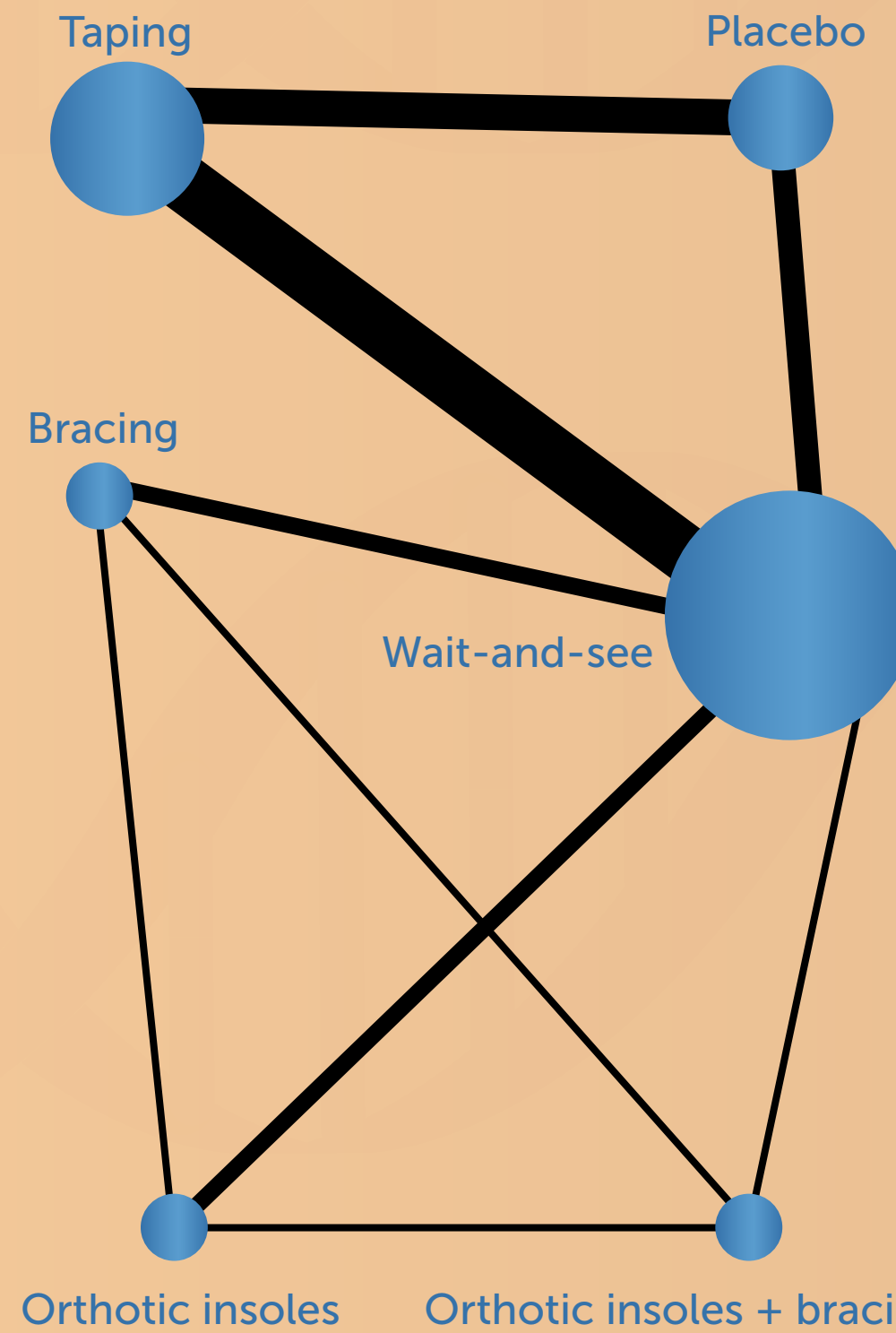
74% of patients with initial ankle sprain will suffer from chronic ankle instability



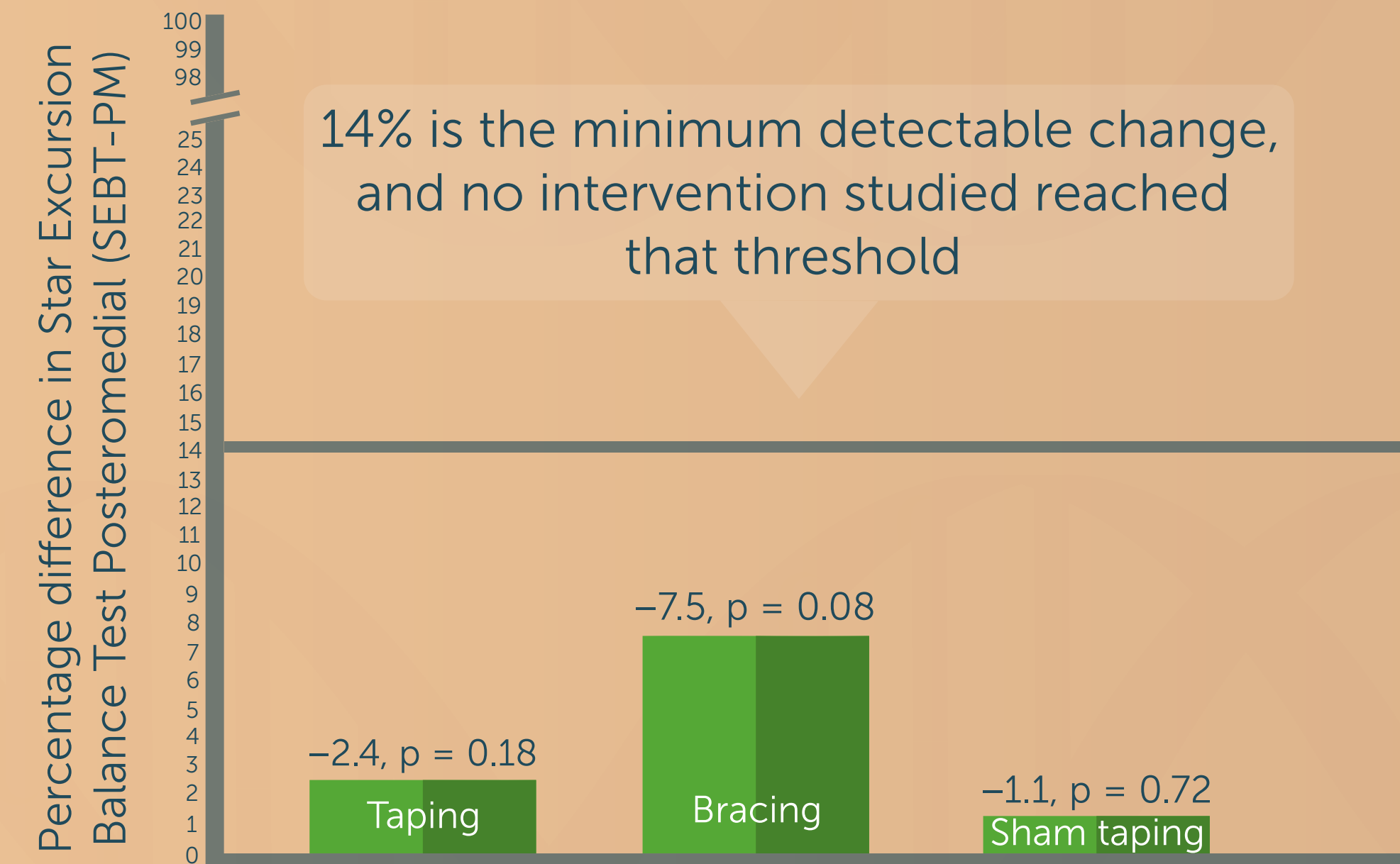
Studies disagree about whether external ankle supports—bracing, taping, or orthotic insoles in shoes—may mitigate the symptoms of chronic ankle instability

Do taping and orthotic devices help dynamic postural control in patients with ankle instability?

Network meta-analysis compared multiple treatments (13 studies)*



*Nodes represent the included treatments and edges indicate direct comparisons between treatments. Node size is proportional to number of patients per each treatment and edge thickness represents number of studies in each comparison.



14% is the minimum detectable change, and no intervention studied reached that threshold

- ✗ No benefit of taping or bracing over no treatment
- ✗ Sham taping did not exceed minimal detectable change
- ! No adverse events associated with these treatments



External supports do not improve dynamic postural control in patients with chronic ankle instability and should not be used as a stand-alone treatment in patients with persistent symptoms following ankle sprains