TABLE E-1 Syndesmosis Sprain Treatment

Study	Injuries	Level of activity	Time lost (range)	Average Follow-up	Recurrent Injuries	Outcome Measure	Functional Outcome	Surgery
Wright[10] (2004)	14	Professional Hockey	45 days (6-137)	Not specified	Not reported	None	N/A	1/14
Boytim[5] (1991)	15	Professional Football	6.3 practices (2 – 21), 1.4 games (0 – 5)	Not specified	Not reported	None	N/A	0/15
Nussbaum[8] (2001)	60	NCAA Division I athletes	13.4 days (5 – 24)	Minimum 6 months for 53 patients	3/53 (6%) (3 with recurrent ankle sprains)	5 point scale for symptoms and function	4.7 (good – excellent function)	0% (0/60)
Taylor[9] (1992)	44	NCAA Division I Football	31 days (10 – 98)	47 months	19/44 (43%) (15 lateral ankle sprains, 3 syndesmosis sprains, 1 bimalleolar fracture)	5 point scale for symptoms and function	>4 (none to mild symptoms) 4.2 (good – excellent function)	0% (0/44)
Hopkinson[7] (1990)	15	Army Cadets	52 days (17 – 115 days)	20 months (7 – 39 months) in 10 patients	None	None	No recurrent instability symptoms	2/15
Gerber[6] (1998)	16	Army Cadets	Not specified, although < 6 months for all patients	Minimum 6 months	Not reported	Acceptable / unacceptable (no pain, no decrease in function, functional hop >80% of uninjured side)	Acceptable outcomes for 4/16 at 6 weeks and 7/16 at 6 months	

NCAA = National Collegiate Athletic Association, and N/A = not available.

TABLE E-2 Instrumented Laxity at Final Follow-up

Study	Instrument	Force	PT[a] [mm[b](variation)[c]]	HG[d] [mm(variation)]	p[e]
Andersson[11]	KT1000	maxman[f] <3mm	2.1 (2.0) 71%	3.1(2.3) 50%	0.05*
Aune[22]	KT1000	maxman <3mm	2.7 (2.2) nr	2.7(2.1) nr	ns[g]
Beynnon[23]	KT1000	133N[h] <3mm	1.1(0.9) 77%	4.4(1.0) 45%	0.004*
Ejerhed[24]	KT1000	89N <3mm	2.0 nr[j]	2.25 nr	ns
Eriksson[25]	Stryker	18.2kg[i] <3mm	nr 49%	nr 43%	ns
Feller[26]	KT1000	134N <3mm	0.5(1.5) 95%	1.6(1.3) 85%	0.05*
Jansson[27]	CA4000	nr <3mm	1.7 nr	1.2 nr	ns
Laxdal[30]	KT1000	89N <3mm	1(–5-8) 71%	1(–5-8) 78%	ns
O'Neill[28]	KT2000	maxman <3mm	nr 87%	nr 83%	ns
Shaieb[29]	KT1000	134N <3mm	1.5 79%	2.5 45%	0.13

Key:
[a] PT = patellar tendon
[b] mm = millimeters
[c] variation = individual study variation
[d] HG = hamstring graft
[e] p = p value
[f] maxman = maximum manual
[g] ns = not significant
[h] N = Newton
[i] kg = kilogram
[j] nr = not reported
* = difference was significant

TABLE E-3 Patellofemoral Pain at Final Follow-up

		Anterior Knee Pain				Kneeling Pain			
Study	"Scale"	PT[a]	HG[b]	p[c]	"Scale"	PT	HG	p	Comment
Anderson[21]	PF crepitus	--	--	--	--	--	--	--	Equal IKDC criteria
Aune[22]	Pain Cinn	16%	13%	ns[d]	VAS[e]	36%	19%	0.05*	
Beynnon[23]	none	32%	23%	ns	--	--	--	--	
Ejerhed[24]	define test	19%	21%	ns	"knee walk"	53%	23%	0.01*	
Eriksson[25]	Werner	43	43	ns	Werner	2	4	0.0001*	
Feller[26]	VAS	43%	33%	ns	VAS	67%	26%	0.01*	
Jansson[27]	Kujala	nr[f]	nr	ns	--	--	--	--	
Laxdal[30]	Subjective Pain	29%	5%	.007	"knee walk"^	54%	5%	.0001	
O'Neill[28]	PF crepitus	--	--	--	--	--	--	--	Equal IKDC criteria
Shaieb[29]	none	42%	20%	0.05*	--	--	--	--	Asked single question

Key:
[a] PT = patellar tendon
[b] HG = hamstring
[c] p = p value
[d] ns = not significant
[e] VAS = visual analog scale
[f] nr = not reported
^ % knee walk difficult or impossible
PF = patellofemoral
IKDC = International Knee Documentation Committee
Cinn = Cincinnati
* = difference was significant