**Supplemental Table 1.** The PubMed search strategy

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| Controlled trial[Title/Abstract] OR random\*[Title/Abstract] OR comparative study[Title/Abstract] |
| AND |
| Controlled trial[Title/Abstract] OR random\*[Title/Abstract] OR comparative study[Title/Abstract] |
| AND |
| Ankle sprain[Title/Abstract] OR ankle[Title/Abstract] OR chronic lateral ankle instability[Title/Abstract] OR mechanically unstable[Title/Abstract] OR functional ankle instability[Title/Abstract] OR mechanical ankle instability[Title/Abstract] OR functionally unstable[Title/Abstract] OR chronic complaint[Title/Abstract] OR ankle strain[Title/Abstract] OR re-injury[Title/Abstract] OR ankle injury[Title/Abstract] |
| AND |
| Tapping[Title/Abstract] OR passive restraints[Title/Abstract] OR tape[Title/abstract] OR bracing[Title/Abstract] OR taping[Title/Abstract] OR strap\*[Title/Abstract] |