

**Hupperets MD, Verhagen EA, van Mechelen W. Effect of unsupervised home based proprioceptive training on recurrences of ankle sprain: randomised controlled trial. BMJ. 2009 Jul 9;339:b2684.**

Design: randomized clinical trial

Purpose of study: to evaluate the effectiveness of an individual home-based proprioceptive training to prevent recurrent ankle sprains

Reasons not to cite as evidence:

- The diagnosis which qualified an athlete for inclusion in the study was made by telephone by a physical therapist using a previously used injury registration form
- This form was used by Verhagen et al 2004 in a study of ankle injuries among volleyball players, and the registration form was based on self-report by the injured player, and defined the event as one that caused the player to leave the game or not to participate fully in the next volleyball game
- Apparently no physical examination was done to confirm a diagnosis of a lateral ligamentous injury
- Therefore, the inclusion criteria are not sufficiently specific or relevant to a guideline for injured workers, and the study cannot support an evidence statement

Reference:

Verhagen E, van der Beek A, et al. The Effect of a Proprioceptive Balance Board Training Program for the Prevention of Ankle Sprains: A Prospective Controlled Trial. Am J Sports Med 2004;32:1385-1393.