

O'Connor G, Martin AJ. Acute ankle sprain: is there a best support? Eur J Emerg Med. 2011;18(4):225-30.

Design: randomized clinical trial

Purpose of study: to resolve controversy regarding the type of external ankle support best suited to the conservative management of acute ankle sprains of Grades 1, 2, and 3

Reasons not to cite as evidence:

- The 60 patients were randomized to three groups of 20 patients each: a double Tubigrip bandage, an Elastoplast bandage, or no support
- A semirigid support was not used in the trial; neither of the bandage supports adequately controls inversion and eversion of the ankle joint
- There is evidence from elsewhere (Petersen 2013) that a semirigid or brief cast immobilization produces better functional outcomes than a flexible bandage for conservative management of acute sprains
- Therefore, it is likely that this study compares three equally ineffective ways of supporting an acutely sprained ankle, and that the information will not be useful in recommending an optimal system for managing ankle sprains nonoperatively

Reference:

Petersen W, Rembitzki IV, et al. Treatment of acute ankle ligament injuries: a systematic review. Arch Orthop Trauma Surg. 2013;133(8):1129-41.