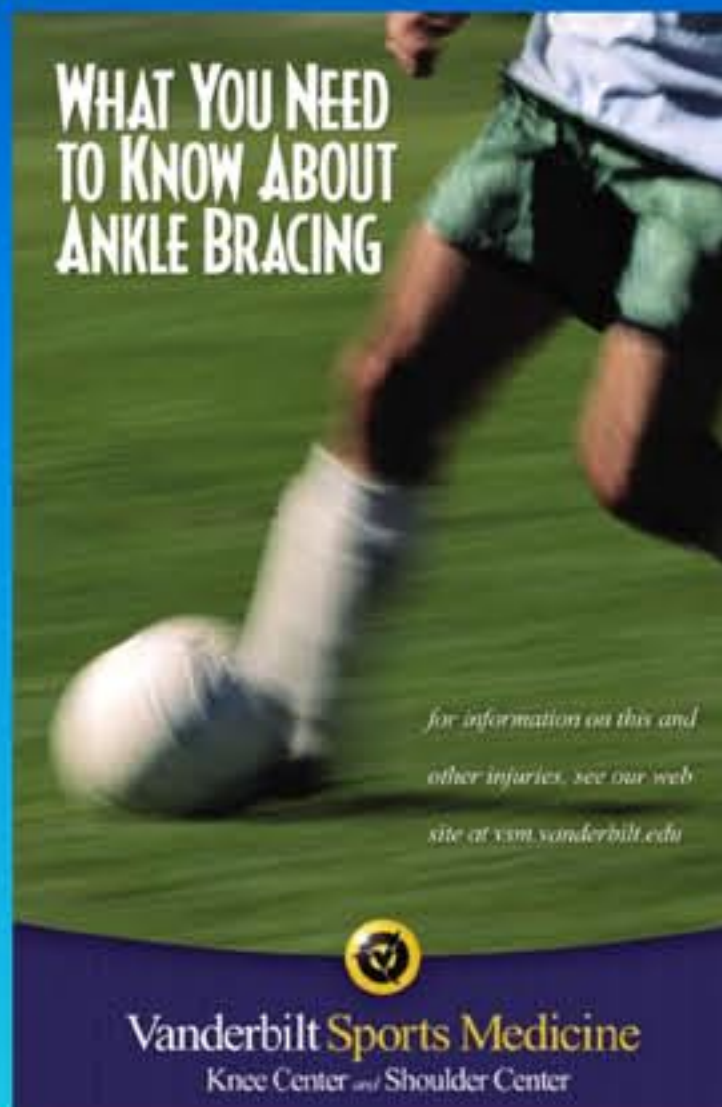


Does Level I EBM Indicate Ankle Braces Prevent Initial Injuries, Re-injury, or Severity of Ankle Injuries?

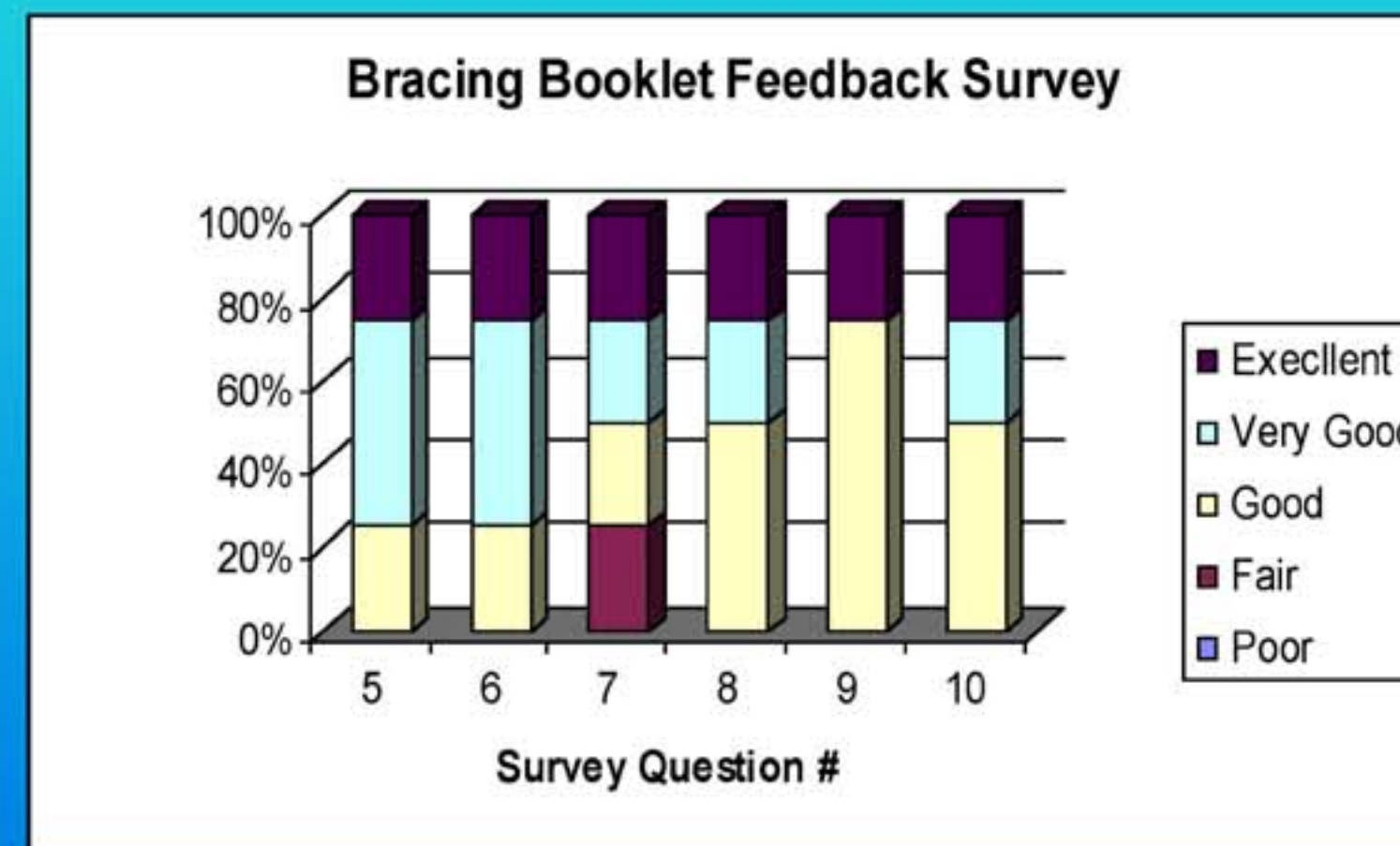
Tim Lee, ATC (III), Michele Loftis, ATC (III), Danielle Santangelo, ATC (III), Justin Wenzel, ATC (Advancing to III), Facilitators: Paul Malloy, ATC

Procedure

- This is the second year of a two year project in developing educational booklets on the benefits of ankle bracing as protection against initial injury and re-injury.
- An EBM systematic literature review on ankle bracing as an effective intervention in preventing initial injury and re-injury was performed.
- Results of the EBM literature review edited into the educational booklets.
- Results from the patient survey implemented into the booklets and distribution process.



Vanderbilt Rehabilitation Services



The second portion of the survey targeted patient satisfaction with the booklet information:

5. How would you rate this booklet on ease in understanding?
6. How would you rate the information on the purposes and uses for bracing?
7. How would you rate the information on how to properly wear your brace?
8. Rate this booklet as a supplement to the information from your healthcare provider?
9. Rate this booklet on its ability to be used as a future reference?
10. Overall, how would you rate this booklet?

Recommendations and Plan

- The EBM best practices indicate post ankle injury bracing for 6 – 12 months is effective in preventing re-injury.
- Information gained on ankle bracing efficacy and tape as preventative measures against injury and re-injury allows us to present best practices to our practitioners and community.
- Updated booklets with this recommendation along with the effectiveness of bracing and tape in general.

Summary

- EBM systematic literature review identified eight Level I articles on preventative methods against ankle injuries.
- Analysis of articles revealed: to prevent initial injury and / or re-injury, bracing is a beneficial intervention.
- Ankle bracing or athletic tape, applied by a certified athletic trainer, decreased the incidence of initial ankle injuries, the severity of the ankle injuries, and the incidence of re-injury.
- Ankle bracing is most effective in preventing re-injury for 6 – 12 months post injury.
- Disadvantage of taping:
 - needs to be applied by a certified athletic trainer
 - will stretch during activity losing some of its rigid support.
- Advantage of Bracing
 - will maintain its rigidity longer
 - can be re-adjusted during activity to ensure its effectiveness.

