

# The effect of talocrural mobilisation with movement on ankle dorsiflexion and knee valgus during squatting in individuals with a history of ankle sprains

ACTRN12614000981628

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	University of Queensland
<b>Enrollment</b>	20 participants

## Plain Language Summary

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This study tests whether a specific ankle mobilization technique (talocrural mobilisation with movement) can improve ankle flexibility and reduce inward knee movement during squats in people who have had ankle sprains in the past. Poor ankle flexibility can contribute to knee injuries.

You may be eligible if:

- You have had one or more ankle sprains more than 2 months ago
- Your ankle has reduced flexibility (at least 20mm less dorsiflexion compared to the other ankle, or 60mm or less bilaterally on a weight-bearing lunge test)

You may NOT be eligible if:

- You have had ankle surgery involving internal fixation (screws, plates, or pins)
- You had a musculoskeletal lower limb injury in the past 2 months that disrupted your activity
- You are currently receiving physiotherapy treatment for your ankle or lower limb

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (2)

- Individuals with a history of one or more ankle sprains that occurred greater than 2 months ago;
- A 20 mm or greater decrease in ankle dorsiflexion compared to the other ankle or 60mm or less of ankle dorsiflexion bilaterally (measured using the weight-bearing lunge test) (Hock et al 2011).

### Exclusion (3)

- They have had a previous surgery to the ankle that has resulted in the use of internal fixation (plates, screws or pins)
- They have sustained an acute musculoskeletal injury to the lower extremity in the previous 2 months that has impacted joint integrity and function (ie, sprains, fractures), resulting in at least 1 interrupted day of desired physical activity (Gribble et al., 2013).
- They are receiving any concurrent physiotherapy treatment.

## Locations (1 total)

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QLD, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12614000981628>

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