

# Dry needling effects on muscle recruitment pattern and motor control in basketball players with functional ankle instability

ACTRN12616000386437

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Status	RECRUITING
Sponsor	Universidad de Alcala
Enrollment	28 participants

## Plain Language Summary

This study is looking at whether a treatment called dry needling can help basketball players who have ankle instability — meaning their ankle feels weak, gives way, or has been sprained multiple times. Dry needling involves inserting a thin needle into tight muscle knots in the leg to try to improve how the muscles around the ankle work and react. Researchers want to see if this quick and low-cost treatment can improve muscle timing and balance.

You may be eligible if:

- You play basketball
- You have had at least one significant ankle sprain more than 12 months ago that caused swelling and at least one day off activity
- You have had two or more episodes of your ankle "giving way" in the past 6 months
- You feel that your ankle is unstable during sports or daily activities
- You score positively on an ankle instability questionnaire

You may NOT be eligible if:

- You have had surgery on either leg
- You have had a bone fracture in either leg that needed realignment
- You have had another leg injury in the last 3 months that caused time off activity
- You have a vestibular (inner ear/balance) or neurological disorder
- You currently have pain in areas other than the ankle

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

## Key Eligibility Criteria

### Inclusion (10)

- Playing basketball.
- History of, at least, 1 significant ankle sprain.
  - a. The first ankle sprain must have occurred at least 12 months before inclusion in the research.
  - b. It must have provoked signs of inflammation.
  - c. It must have led to, at least, one day of physical activity loss.

... and 5 more (see full listing online)

### Exclusion (5)

- History of previous surgeries on musculoskeletal structures in any of the lower extremities.
- Previous fracture events on any of the lower limbs that required realignment techniques.
- Suffering from acute musculoskeletal injuries on other joints of the lower limb in the previous three months, responsible for, at least, one day of physical activity loss.
- Vestibular and neurological disorders .

• Feeling pain in other areas at the same time of evaluation  
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000386437>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](http://anzctr.org.au). Generated by [ClinicalTrialsFinder.org](http://ClinicalTrialsFinder.org).

## Locations (1 total)

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Madrid, Spain