

Clinical trial comparing two surgical techniques used to treat instability of the ankle in those people who are normally involved in sports activities.

ACTRN12618000906257

Status	RECRUITING
Sponsor	Mark Porter
Enrollment	42 participants

Plain Language Summary

Ankle sprains are the most common sports injury, and for about one in four people, the ankle never fully stabilises — leading to chronic instability that keeps giving way and causing pain. When physiotherapy hasn't fixed the problem, surgery is often recommended. The current gold standard operation is called the modified Brostrom-Gould (MBG) procedure, which tightens the stretched ligaments on the outside of the ankle.

This trial is comparing the MBG procedure to an alternative approach that reinforces the ligament repair with a synthetic ligament called LARS (Ligament Augmentation and Reconstruction System). Some surgeons believe the synthetic augmentation might provide stronger, longer-lasting stability — particularly for athletes or people who don't qualify for the standard MBG procedure.

You may be eligible if you are physically active (playing sport at least three times a week), are skeletally mature (growth plates closed), weigh under 90 kg, and have ongoing ankle instability despite physiotherapy. People with a history of previous ankle surgery, connective tissue disorders, or general ligament laxity are not eligible.

Key Eligibility Criteria

Inclusion (1)

- Physically active (sport at least 3 times per week), skeletally mature, fit for a general anaesthetic, body weight less than 90kg, remaining symptomatically unstable despite physiotherapy (that is having chronic lateral ankle instability)

Exclusion (1)

- Complex ankle injuries, generalised ligamentous laxity, body weight > 90kg, previous ankle surgery, medical conditions contra-indicating general anaesthetic, known connective tissue disease or rheumatologic conditions. Patients were excluded if they had relative contra-indications to the MBG procedure, otherwise the study may have been biased in favour of the LARS augmentation procedure.

Locations (1 total)

ACT,NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618000906257>

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