

Immediate effects of direct thrust manipulation of talus in the dorsiflexion range of movement, posterior talar glide and dynamic postural control.

ACTRN12618001679279

Status	RECRUITING
Sponsor	Nuno Alexandre Fernandes Pinheiro
Enrollment	40 participants

Plain Language Summary

Ankle sprains are one of the most common injuries, and many people are left with a lingering problem: reduced ankle flexibility — particularly reduced dorsiflexion (the ability to bend the foot upwards) — and impaired balance. This reduced range of motion is thought to be partly due to a subtle shift in the position of the talus bone within the ankle joint. Manual therapy techniques that apply a quick, precise thrust to reposition the talus may help restore normal ankle movement.

This study tests whether a single High-Velocity Low-Amplitude (HVLA) manipulation technique applied to the ankle joint immediately improves ankle dorsiflexion, the glide of the talus bone within the joint, and dynamic balance in people with a history of ankle sprain. Assessments are taken before and immediately after the technique to measure any immediate effect.

To be eligible you need to be aged 25 to 45, have had at least one ankle sprain in the past, and currently have a dorsiflexion deficit of at least 10mm on the affected side compared to the other ankle. People who have had fractures or surgery in the foot, knee, or hip, who have had an acute ankle sprain in the last six months, or who have received osteopathic treatment in the last three months are not eligible.

Key Eligibility Criteria

Inclusion (3)

- Individuals between 25 and 45 years of age;
- History of one or more episodes of unilateral ankle sprain;
- A dorsiflexion deficit at least 10 millimeters on the unilateral affected side compared to the non affected side.

Exclusion (7)

- History of fracture or surgery in the foot, knee or hip;
- History of acute ankle sprain in the last 6 months;
- Individuals who received a osteopathic treatment in the last of 3 months;
- Presence of swelling or severe vascular disease;
- Medical treatment in the last 72 hours;
- ... and 2 more (see full listing online)

Locations (1 total)

Pont de Beauvoisin, France

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001679279>

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