

Effects of Combining Mobilization of the Proximal Tibiofibular Joint and the Talocrural Joint in Subjects with Ankle Instability

ACTRN12619001152112

Status	RECRUITING
Sponsor	National Yang-Ming University
Enrollment	60 participants

Plain Language Summary

Chronic ankle instability — where the ankle repeatedly gives way or feels unstable — is a common problem after ankle sprains that don't fully heal. Research suggests that a joint just below the knee called the proximal tibiofibular joint (PTFJ) may also become stiff after ankle sprains and contribute to ongoing instability. This study tests whether adding PTFJ mobilisation (gentle hands-on joint movement) to standard ankle treatment improves outcomes compared to treating the ankle alone.

Participants with ankle instability are randomly assigned to two treatment groups, each receiving twice-weekly sessions for three weeks. Outcomes measured include ankle movement range, balance, landing performance, and self-reported feelings of instability.

You may be eligible if you are aged 20–60, have had at least one significant ankle sprain and two or more recurrent sprains, experience ankle instability, and have reduced ankle or lower leg joint movement compared to your other side. People with a recent acute injury, a history of tibiofibular joint dislocation, fractures or surgeries to the tested leg, or neurological balance problems are not eligible.

Key Eligibility Criteria

Inclusion (6)

- Age between 20-60
- Greater than or equal to 1 significant ankle sprain and recurrent sprain greater than or equal to 2 times
- Feeling of instability at the ankle
- Compared to the opposite side ankle dorsiflexion range of motion greater than or equal to 5° deficit or the range is smaller than normal value
- And
- ... and 1 more (see full listing online)

Exclusion (5)

- Significant sprain or injury of the other ankle
- Acute injury to musculoskeletal structures
- History of proximal tibiofibular joint dislocation
- History of fracture or surgeries of the tested lower limb
- Visual impairments that affect balance, vestibular or neurologic functions

Locations (1 total)

Taiwan, Province Of China

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619001152112>

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