

Effect of Functional Core Stability Training or Cognitive Training on Balance and Postural Control in Chronic Ankle Instability

NCT07283276

Status	RECRUITING
Phase	Not Applicable
Sponsor	Cairo University
Enrollment	45 participants

Key Eligibility Criteria

Inclusion (4)

- History of chronic lateral ankle sprain and/or recurrent sprain and/or "feelings of instability or giving way" for 6 months or more before the study, with at least 2 episodes.
- Patients are between 18 and 30 years old. 3- Body mass index less than 30
- \. The patient has a history of at least one significant ankle sprain with associated inflammatory symptoms and at least one day of interrupted physical activity.
- \. Patients who have unilateral chronic ankle instability. 6. Self-reported ankle instability should be confirmed using a validated ankle instability questionnaire (greater than 24).

Exclusion (2)

- Those with a history of spine, pelvis, and lower extremity injury, fracture, or surgery 2- Those with low back pain that require medical or surgical intervention. 3- Having a history of an acute lower extremity injury or lower extremity surgery or fracture in the 3 months before the Study 4. Participation in formal ankle rehabilitation in the 3 months before the study.
- \. Being diagnosed with neurologic dysfunction, such as multiple sclerosis, Parkinson's disease, or head injury

Locations (1 total)

out-patient clinic, faculty of physical therapy, Cairo university, Cairo, Egypt