

Investigating the Effects of Cognitive Functional Therapy on Pain, Physical Function, and Kinesiophobia in Individuals With Chronic Ankle Sprain

NCT07449078

Status	RECRUITING
Phase	Not Applicable
Sponsor	Yeditepe University
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (5)

- Ongoing pain or swelling, "giving way" episodes, and re-injury during sports or daily activity
- Adults aged 18-65 years
- History of lateral ankle sprain with symptoms persisting for more than 3 months
- Continuing symptoms such as pain, instability, or activity limitations
- Ability to understand and communicate in English or Arabic

Exclusion (6)

- History of ankle surgery within the past 12 months
- Advanced ankle osteoarthritis or systemic inflammatory, neurological, or vestibular conditions
- Currently undergoing physiotherapy for the same condition
- Cognitive impairment or severe psychological disorder that could interfere with participation
- Pregnancy or planned pregnancy during the study period
- ... and 1 more (see full listing online)

Locations (1 total)

Yeditepe University, Istanbul, Ata_ehir, Turkey (Türkiye)