

Primary and Acute
Ankle Sprain

Inclusion

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Standard treatment
(pressure bandage, tape)

Informed
consent

no

+

yes

Randomization
(n = 180)

Purely Functional
(n = 60)

Tape
(n = 60)

Brace
(n = 60)

Exercise Schedule

Follow Up

Outcomes measured on the following scoring moments:

- after 5-7 days: VAS pain, Karlsson, FAOS
- after 6 weeks: VAS pain, Karlsson, FAOS, recurrences
- after 6 months: VAS pain, Karlsson, VAS satisfaction, recurrences
- after 1 year: VAS pain, Karlsson, FAOS, VAS satisfaction, recurrences