

Patients at the ED with lateral ankle sprain (n=148)

Received initial treatment: an elastic compression bandage together with a standard advice (rest, ice, compression, and elevation)

After 5-7 days at the out patient clinic
Excluded (n=48)

- Did not meet inclusion criteria (n=32)
swelling, allergy, grade I sprain
- Refused to participate (n=11)
- Other reasons (n=5)

Randomized (n=100)
(at the out patient clinic)

Allocated to taping (n=50)

Allocated to bracing (n=50)

Primary outcome

Follow-up at week 4
injury (dropout rate 17%)

Lost to follow-up (n= 10)

- Excluded failed diagnoses (n=1)
- Unknown (no show) (n=9)

Lost to follow-up (n= 9)

- Excluded failed diagnoses (n=1)
- Unknown (no show) (n=8)

Analyzed (n=40)

Analyzed (n=41)

Secondary outcome

Follow-up at week 12
(dropout rate (31%))

Lost to follow-up (n= 5)

- Unknown (no show)

Lost to follow-up (n= 6)

- Unknown (no show)

Analyzed (n=35)

Analyzed (n=35)