

### Appendix 3 – Data Extraction Table

| Reference or Registry number   | Interventions Studied       | Country | Population & Sample Size (n=) | Was the primary outcome specified? | Primary outcome measure | Secondary outcome measures   |
|--|-----------------------------|---------|-------------------------------|------------------------------------|-------------------------|--|
| Ahl et al. (1986) Early weight bearing of malleolar fractures. <i>Acta Orthopaedica Scandinavia</i>  | Post-operative Management   | Sweden  | 18 years+ (n=46)              | No                                 | ROM                     | Swelling, OMAS, VAS-function, radiographic assessment                  |
| Andersen et al. (2018) Randomized Trial Comparing Suture Button with Single Syndesmotic Screw for Syndesmosis Injury   | Operative vs. Operative     | Norway  | 18-70years (n=97)             | Yes                                | AOFAS                   | OMAS, EQ-5D-5L, VAS-pain, CT scans (radiographic assessment)           |
| Asloum et al. (2014) Internal fixation of the fibula in ankle fractures. A prospective, randomized and comparative study: Plating versus nailing. <i>Orthopaedics and Traumatology: Surgery &amp; Research</i> | Operative vs. Operative     | France  | 18-90years (n=71)             | Yes                                | Radiographic assessment | Complications, OMAS, AOFAS   |
| Bauer et al. (1985) Malleolar Fractures: Nonoperative Versus Operative Treatment. A Controlled Study <i>Clinical Orthopaedics and Related Research</i>   | Operative vs. Non-Operative | Sweden  | 15-84 years (n=92)            | No                                 | Swelling                | Muscular atrophy, time to return to work, ROM, radiographic assessment |
| Bostman et al. (1987) Biodegradable internal fixation of malleolar fractures. A prospective randomised trial. <i>The Journal of Bone and Joint Surgery</i>   | Operative vs. Operative     | Finland | 16-70 years (n=56)            | No                                 | Radiographic assessment | Complications, OMAS  |

|   |                             |                 |                                       |     |                         |   |
|---|-----------------------------|-----------------|---------------------------------------|-----|-------------------------|---|
| Boyle et al. (2014) Removal of the syndesmotomic screw after the surgical treatment of a fracture of the ankle in adult patients does not affect one-year outcomes. <i>The Bone and Joint Journal</i> | Post-operative Management   | New Zealand     | 16-62years (n=51)                     | Yes | OMAS                    | AOFAS, AAOS, VAS-Pain, ROM, radiographic assessment   |
| Braunstein et al. (2016) The value of arthroscopy in the treatment of complex ankle fractures - a protocol of a randomised controlled trial. <i>BMC Musculoskeletal Disorder</i>                      | Operative vs. Operative     | Germany         | 18-65years (n=74 planned population)  | Yes | AOFAS                   | JSSF, OMAS, Karlsson Score, Tegner activity Scale, SF-12, Radiographic assessment, intra-operative assessment, time to return to work/sports, complications |
| Briet et al. (2015) Weight bearing or non-weight bearing after surgically fixed ankle fractures, the WOW! Study: study protocol for a randomized controlled trial. <i>Trials</i>                      | Post-operative Management   | The Netherlands | 18-65years (n=225 planned population) | Yes | OMAS                    | SF-36, ROM, Gait analysis, muscle atrophy, VAS-Pain, return to work/sports, complications   |
| Brink et al. (1996) Stable Lateral Malleolar Fractures Treated with Aircast Ankle Brace and DonJoy R.O.M.-Walker Brace: A prospective Randomized Study. <i>Foot and Ankle International</i> .         | Conservative Rehabilitation | Denmark         | 18-84years (n=66)                     | No  | Radiographic assessment | Linear scale of patient satisfaction with intervention (1-5), Linde scoring system, swelling, ROM   |
| Buckley et al. (2018) Single-screw fixation compared with double screw fixation for treatment of medial malleolar fractures: a prospective randomised controlled trial. <i>J Orthop Trauma</i> .      | Operative vs. operative     | Canada          | >18 years and <75 years (n=140)       | Yes | SF-36                   | AOFAS, Operating room time.   |
| Bucholz et al. (1994) Fixation with Bioabsorbable Screws for the Treatments of Fractures of the Ankle. <i>The Journal of Bone and Joint Surgery</i>   | Operative vs. Operative     | USA             | 21-59years (n=155)                    | No  | Radiographic assessment | OMAS, complications   |

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|--|---------------------------|-----------------|------------------------------------|-----|-----------------------------|---|
| Buttenschoen et al. (2001) The influence of vacuum-assisted closure on inflammatory tissue reactions in the postoperative course of ankle fractures. <i>Foot and Ankle Surgery</i>   | Operative vs. Operative   | Germany         | 27-74years (n=35)                  | No  | Blood biochemistry analysis | Further blood biochemistry analysis methods   |
| Caschman et al. (2004) Efficacy of the A-V Impulse System in the Treatment of Posttraumatic Swelling Following ankle Fracture. <i>J Orthop Trauma</i>  | Pre-operative management  | UK&Ireland      | 18years+ (n=64)                    | Yes | Swelling assessment         | Time taken for swelling to resolve ready for surgery, complications, length of stay, VAS-Pain, Analgesia usage          |
| Christie and Willoughby (1990) The effect of interferential therapy on swelling following open reduction and internal fixation of ankle fractures. <i>Physiotherapy Therapy and Practice</i>   | Post-operative management | Australia       | 15-61years (n=24)                  | Yes | Swelling assessment         | None.   |
| Dehghan et al. (2016) Early Weightbearing and Range of Motion Versus Non-Weightbearing and Immobilization After Open Reduction and Internal Fixation of Unstable ankle Fracture: A Randomized Controlled Trial. <i>J Orthop Trauma</i> | Post-operative management | Canada          | 18years+ (n=110)                   | Yes | Time to return to work      | ROM, SF-36, OMAS, complications   |
| Dijkema et al. (1993) Surgical treatment of fracture-dislocations of the ankle joint with biodegradable implants: a prospective randomized study. <i>The Journal of Trauma</i>   | Operative vs. Operative   | The Netherlands | 16-70years (n=43)                  | No  | OMAS                        | Semi-quantitative opinion of surgeon and patient on ankle function, radiographic assessment                             |
| Dingemans et al. (2018) Routine versus on demand removal of the syndesmotc screw; a protocol for an international randomised controlled trial (RODEO-trial) <i>BMC Musculoskeletal Disorders</i>                                       | Post-operative management | The Netherlands | "adult" (n=194 planned population) | Yes | OMAS                        | AOFAS, Vas-Pain, ROM, Post-op infections, Radiographic assessment of syndesmosis, EQ-5D-5L and Resource Use/HE Analysis |

|   |                           |            |   |     |                         |  |
|---|---------------------------|------------|---|-----|-------------------------|--|
| Dogra and Rangan (1999) Early mobilisation versus immobilisation of surgically treated ankle fractures. Prospective randomised control trial. <i>Injury, Int J. Care Injured</i>    | Post-operative management | UK&Ireland | 16-65years (n=52)                         | No  | ROM                     | VAS-Pain, Gait analysis, OMAS  |
| Egol et al. (2000) Functional outcome of surgery for fractures of the ankle. <i>The Journal of Bone and Joint Surgery (Br)</i>  | Post-operative management | USA        | 15-77years (n=60)                         | No  | Return to work          | SF-36, radiographic assessment   |
| Erdem, et al. (2014) Comparison of Lag Screw Versus Buttress Plate Fixation of Posterior Malleolar Fractures. <i>Foot and Ankle International</i>                                   | Operative vs. Operative   | Turkey     | 21-51years (n=40)                         | No  | ROM                     | Radiographic assessment  |
| Ewald et al. (2015) Does Ankle Aspiration for Acute Ankle Fracture Results in Pain Relief? A Prospective Randomized Double-Blinded Placebo Controlled Trial. <i>J Orthop Trauma</i> | Pre-operative Management  | USA        | Not specified range, mean 52years (n=124) | Yes | Analgesia usage         | None   |
| Finsen et al. (1989) Early Postoperative Weight-Bearing and Muscle Activity in Patients Who Have a Fracture of the Ankle. <i>The Journal of Bone and Joint Surgery</i>              | Post-operative Management | Norway     | Not specified range, mean 41years (n=56)  | No  | Radiographic assessment | Return to work   |
| Franke et al. (2008) The dynamic vacuum orthosis: a functional and economical benefit? <i>International Orthopaedics</i>  | Post-operative Management | Germany    | 18-65years (n=27)                         | Yes | ROM                     | VAS-patient satisfaction, SF-12, time to return to work, economic analysis on a sample of patients |
| Ge et al. (2017) Preliminary effect of posterolateral ankle arthroscopy for ankle fractures in elderly population. <i>Int J Clin Exp Med</i>  | Operative vs. Operative   | China      | >60years (n=68)                           | No  | Operation time          | Intra-op bleeding and complications, time in recovery, McGuire scoring system, VAS-Pain            |

|   |                             |         |                   |     |  |  |
|---|-----------------------------|---------|-------------------|-----|--|--|
| Georgiannos et al. (2017) Fragility fractures of ankle in the elderly: Open reduction and internal fixation versus tibio-talo-calcaneal nailing: Short-term results of a prospective randomized-controlled trial. <i>Injury</i>                                     | Operative vs. Operative     | Greece  | >70years (n=87)   | Yes | Intra and post-operative complications | Length of stay, mobility status, reoperation rate, OMAS, radiographic assessment |
| Ginandes and Rosenthal (1999) Using hypnosis to accelerate the healing of bone fractures: a randomised controlled pilot study. <i>Alternative Therapies</i>   | Conservative Rehabilitation | USA     | 18years+ (n=12)   | No  | Radiographic assessment                | Surgeon assessment of fracture healing, hypnotic induction scale                 |
| Gorodetskyi et al. (2010) Use of Noninvasive Interactive Neurostimulation to Improve Short-Term Recovery in Patients with Surgically Repaired Bimalleolar Ankle Fractures: A Prospective, Randomised Clinical Trial. <i>The Journal of Foot &amp; Ankle Surgery</i> | Post-operative Management   | Russia  | 20-60years (n=60) | No  | VAS-Pain                               | ROM, swelling assessment   |
| Handolin et al. (2005) No long-term effects of ultrasound therapy on bioabsorbable screw-fixed lateral malleolar fracture. <i>Scandinavian Journal of Surgery</i>   | Post-operative management   | Finland | 22-66years (n=16) | No  | Radiographic assessment                | OMAS, clinician assessment of ankle joint  |
| Handolin et al. (2005) Effect of ultrasound therapy on bone healing of lateral malleolar fractures of the ankle joint fixed with bioabsorbable screws. <i>J Orthop Sci</i>  | Post-operative Management   | Finland | 18-65years (n=22) | No  | Radiographic assessment                | None   |
| Hedström et al. (1994) Early Postoperative Ankle Exercise. A Study of Postoperative Lateral Malleolar Fractures. <i>Clinical Orthopaedics and Related Research</i>  | Post-operative management   | Sweden  | 15-71years (n=53) | No  | ROM                                    | Linear score 0-100, OMAS, radiographic assessment                                |

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|---|-----------------------------|-------------|--|-----|-------------------------|---|
| Hoelsbrekken et al. (2013) Nonoperative Treatment of the Medial Malleolus in Bimalleolar and Trimalleolar Ankle Fractures: A Randomized Controlled Trial. <i>J Orthop Trauma</i>  | Operative vs. operative     | Norway      | 18years+ (n=100)                         | Yes | OMAS                    | AOFAS, VAS-pain, Radiographic assessment  |
| Hoiness and Stromsoe. (2004) Tricortical Versus Quadricortical Syndesmosis Fixation in Ankle Fractures. <i>J Orthop Trauma</i>  | Operative vs. operative     | Norway      | Not specified range, mean 42years (n=64) | No  | OMAS                    | ROM, Radiographic assessment  |
| Honigmann et al. (2007) Aftertreatment of malleolar fractures following ORIF - functional compared to protected functional in a vacuum-stabilized orthosis: a randomized controlled trial. <i>Arch Orthop Trauma Surg</i> | Post-operative management   | Switzerland | 16-65years (n=45)                        | Yes | OMAS                    | SF-12, return to work, VAS for satisfaction with treatment and walking security, ROM, swelling, muscle atrophy, complications, length of stay |
| Jansen et al. (2018) Active controlled motion in early rehabilitation improves outcome after ankle fractures: a randomized controlled trial. <i>Clinical Rehabilitation</i>   | Conservative Rehabilitation | Germany     | 22-73years (n=50)                        | No  | ROM                     | VAS-function of foot and ankle, Philip Score, Mazur Score, AOFAS, Gait analysis,  |
| Joukainen et al. (2007) Bioabsorbable screw fixation of ankle fractures. <i>J Orthop Sci</i>  | Operative vs. Operative     | Finland     | 14-73years (n=62)                        | No  | Radiographic assessment | Clinical Assessment, OMAS, ROM, complications   |
| Kankare et al. (1995) Malleolar fractures in alcoholics treated with biodegradable internal fixation: 6/16 reoperations in a randomized study. <i>Acta Orthopaedica Scandinavia</i>                                       | Operative vs. Operative     | Finland     | 29-62years (n=29)                        | No  | OMAS                    | Radiographic assessment, complications  |

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| Kankare et al. (1996) Biodegradable self-reinforced polyglycolide screws and rods in the fixation of displaced malleolar fractures in the elderly. <i>Annales Chirurgiae et Gynaecologiae</i>  | Operative vs. Operative  | Finland    | 65-90years (n=37)                        | No  | OMAS                | Radiographic assessment, complications                                     |
| Kearney et al. (2019) Cast versus brace in the rehabilitation of patients treated for an ankle fracture: protocol for the UK study of ankle injury rehabilitation (AIR) multicentre randomised controlled trial. <i>BMJ Open</i> .                               | Rehabilitation of operatively and non-operatively managed patients (mixed) | UK&Ireland | 18 years + (n=478)                       | Yes | OMAS                | M-OXFQ, EQ-5D-5L, Disability Rating Index, complications and cost-utility. |
| Keene et al. (2016) The Immediate Effects of Different Types of Ankle Support Introduced 6 Weeks After Surgical Internal Fixation for Ankle Fracture on Gait and Pain: A Randomized Crossover Trial. <i>Journal of Orthopaedic &amp; Sports Physical Therapy</i> | Post-operative management  | UK&Ireland | 19-77years (n=18)                        | Yes | Gait analysis       | None   |
| Kimmel et al. (2012) Rest easy? Is bed rest really necessary after surgical repair of an ankle fracture? <i>Injury</i>   | Post-operative management  | Australia  | 18-80years (n=104)                       | Yes | Length of stay      | Destination of discharge, analgesia requirements, wound complications      |
| Konrad et al. (2005) Tourniquets May Increase Post Operative Swelling and Pain after Internal Fixation of Ankle Fractures. <i>Clinical Orthopaedics and Related Research</i>   | Operative vs Operative   | Germany    | 18-70years (n=54)                        | No  | Swelling assessment | ROM ,VAS-pain, length of stay, wound complications/healing issues          |
| Kortekangas et al. (2014) Syndesmotic Fixation in Supination-External Rotation Ankle Fractures: A Prospective Randomized Study. <i>Foot and Ankle International</i>  | Operative vs. Operative  | Finland    | Not specified range, mean 43years (n=24) | No  | OMAS                | VAS-pain, SF-36, further procedures, ROM, radiographic analysis            |

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|---|-----------------------------|-----------------|--------------------|-----|-----------------------|---|
| Kortekangas et al. (2015) A prospective randomised study comparing TightRope and syndesmotic screw fixation for accuracy and maintenance of syndesmotic reduction assessed with bilateral computed tomography. <i>Injury</i>            | Operative vs. Operative     | Finland         | 20-79years (n=43)  | Yes | Radiographic analysis | OMAS, VAS-Pain and function, AF-36, Foot and ankle outcome score, further procedures, ROM                                   |
| Kortekangas et al. (2019) Three week versus six-week immobilisation for stable Weber B Type ankle fractures: randomised, multicentre, non-inferiority clinical trial. <i>British Medical Journal</i> .                                  | Conservative rehabilitation | Finland         | 16+years (n=247)   | Yes | OMAS                  | FAOS, VAS function and pain, RAND-35 Item health questionnaire, ROM, malunion and fracture union measured radiographically. |
| van Laarhoven et al. (1996) Postoperative treatment of internally fixed ankle fractures. A prospective randomised study. <i>The Journal of Bone and Joint Surgery (Br)</i> .  | Post-operative Management   | The Netherlands | 15-77years (n=55)  | No  | Modified OMAS         | VAS-function, clinician assessment, ROM, radiographic assessment, presence of OA  |
| Laflamme et al. (2015) A Prospective Randomised Multicenter Trial Comparing Clinical Outcomes of Patients Treated Surgically With a Static or Dynamic Implant for Acute Ankle Syndesmosis Rupture. <i>Journal of Orthopaedic Trauma</i> | Operative vs. Operative     | Canada          | 18-65years (n=70)  | Yes | OMAS                  | AOFAS, VAS-pain, ROM, swelling, time to return to work, radiographic assessment   |
| Lamontagne et al. (2002) Surgical Treatment of a Displaced Lateral Malleolus Fracture: The Antiglidle Technique Versus Lateral Plate Fixation. <i>Journal of Orthopaedic Trauma</i>   | Operative vs. Operative     | Canada          | 18-69years (n=193) | No  | OMAS                  | Complications   |



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|--|---------------------------|---------|--|-----|--|---|
| Lehtonen et al. (2003) Use of a Cast Compared with a Functional Brace after Operative Treatment of an Ankle Fracture. A Prospective Randomised Study. <i>The Journal of Bone and Joint Surgery</i> | Post-operative management | Finland | Not specified, mean 41years (n=100)    | No  | AOFAS                                      | Intraoperative blood loss, duration of operation, time to initiate restricted weight bearing ambulation, length of hospital stay and rates of complications. Ankle swelling, calf atrophy, ROM, OMAS, Kaikkonen score, time to return to work |
| Li et al. (2018) Percutaneous compression cannulated screw fixation for ankle fractures. <i>Int J Clin Exp Med</i> .   | Operative vs. Operative   | China   | Range not specified, mean 35.2 (n=100) | Yes | Fracture healing assessed radiographically | AOFAS, intraoperative blood loss, duration of operation, time to initiate restricted weight bearing ambulation, length of hospital stay and rates of complications.   |
| Li et al. (2016) Minimally invasive treatment of medial malleolus fracture by implanting a hollow screw under C-arm X-ray. <i>Int J Clin Exp Med</i>   | Operative vs. Operative   | China   | 19-61years (n=23)                      | No  | Length of stay                             | Radiographic assessment, ankle function score described by criteria of Majeed (unable to assess the components of this outcome measure from information given)  |

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| <p>Lin et al. (2008) Manual therapy in addition to physiotherapy does not improve clinical or economic outcomes after ankle fracture. <i>J Rehabil Med</i></p>   | <p>Conservative Rehabilitation</p> | <p>Australia</p>      | <p>Not specified range, mean 41years (n=94)</p> | <p>Yes</p> | <p>LEFS</p>                | <p>Assessment of Quality of Life, Gait analysis, ROM, VAS-Pain on weight bearing, measures of participation and return to work/sports, satisfaction with rehabilitation treatment using VAS scale, Global perceived treatment effect on 11-point scale, number of days to pain free walking, complications, health economic analysis</p> |
| <p>Maffulli et al. (1993) Use of a Tourniquet in the Internal Fixation of Fractures of the Distal Part of the Fibula. A Prospective Randomized Trial. <i>The Journal of Bone and Joint Surgery Incorporated</i></p>    | <p>Operative vs. Operative</p>     | <p>UK&amp;Ireland</p> | <p>18-60years (n=80)</p>                        | <p>No</p>  | <p>Wound complications</p> | <p>Radiographic assessment, clinician assessment of healing status,</p>  |
| <p>Makwana et al. (2001) Conservative versus operative treatment for displaced ankle fractures in patients over 55 years of age. A prospective randomised study. <i>The Journal of Bone and Joint Surgery (Br)</i></p> | <p>Operative vs. non-operative</p> | <p>UK&amp;Ireland</p> | <p>&gt;55years (n=47)</p>                       | <p>No</p>  | <p>OMAS</p>                | <p>VAS-Pain, swelling measurements, ROM, instability assessment performed by clinician, wound complications, scar tenderness and prominence of metal work, walking distance, subjective patient satisfaction, radiographic assessment</p>  |

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| Matthews et al. (2018) Early Motion and directed exercise (EMADE) versus usual care post ankle fracture fixation: study protocol for a pragmatic randomised controlled trial. <i>Trials</i> | Post-operative management  | UK&Ireland | 18years+ (n=156)                          | Yes | OMAS   | A-FORM, EQ-5D, Physical Activity Record Scale (PARS), Clinical Physical Activity Questionnaire (CPAQ), use of walking aid, returns to work and return to driving, X-Ray findings and adverse events/complications                              |
| Mayich et al. (2013) Role of Patient Information Handouts Following Operative Treatment of Ankle Fractures: A Prospective Randomized Study. <i>Foot and Ankle international</i> .           | Post-operative management  | Canada     | 18-65years (n=40)                         | Yes | Likert scale of satisfaction with intervention | radiographic assessment, OMAS  |
| Mittal et al. (2017) Surgery for Type B Ankle Fracture Treatment: a combined Randomised and Observational Study (CROSSBAT). <i>BMJ Open</i>   | Operative vs. non-operative  | Australia  | 18-65years (n=160)                        | Yes | AAOS   | SF-12, complications, number of physiotherapy sessions   |
| Mora et al. (2002) The Role of Pulsatile Cold Compression in Edema Resolution Following Ankle Fractures: A Randomized Clinical Trial. <i>Foot and Ankle International</i> .                 | Pre-operative management   | USA        | Not specified, mean 33years (n=24)        | No  | Swelling measurements                          | Score of satisfaction (1-4),   |
| Moseley et al. (2015) Rehabilitation After Immobilization for Ankle Fracture. The EXACT Randomized Clinical Trial. <i>Journal of American Medical Association</i>                           | Rehabilitation of operatively and non-operatively managed patients (mixed) | Australia  | Not specified range, mean 45years (n=214) | Yes | LEFS   | Assessment of QoL, Number of days to pain free walking, time to return to work, percentage return to pre-injury activity, ROM, VAS-pain, gait analysis, activity level, global perceived effect of treatment, economic analysis, complications |

|  |                             |           |   |     |                       |  |
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| Moseley et al. (2005) Passive Stretching Does Not Enhance Outcomes in Patients With Plantarflexion Contracture After Cast Immobilization for Ankle Fracture: A Randomized Controlled Trial. <i>Arch Phys Med Rehabil</i> | Conservative Rehabilitation | Australia | Not specified range, mean 45years (n=150)                     | Yes | LEFS                  | Measures of ankle stiffness, ROM, VAS-Pain, Return to work and normal activities, gait analysis, global perceived effects of treatment on linear scale, satisfaction with intervention, number of physiotherapy sessions |
| Nilsson et al. (2009) Effects of a training program after surgically treated ankle fracture: a prospective randomised controlled trial. <i>BMC Musculoskeletal Disorders</i> .   | Post-operative management   | Sweden    | Not specified range, mean 33years (n=110)                     | Yes | OMAS                  | SF-36, gait analysis, ROM, muscle strength tests, radiographic assessments,  |
| Noh et al. (2012) Outcomes of Operative Treatment of Unstable Ankle Fractures: A Comparison of Metallic and Biodegradable Implants. <i>The Journal of Bone and Joint Surgery Incorporated</i>                            | Operative vs. Operative     | Korea     | >16years (n=102)  | No  | AOFAS                 | SMFA, radiographic assessment  |
| Pakarinen et al. (2011) Syndesmotic Fixation in Supination-External Rotation Ankle Fractures: A Prospective Randomized Study. <i>Foot and Ankle International</i> .  | Operative vs. Operative     | Finland   | 25-67years (n=140)  | No  | OMAS                  | SF-36, radiographic assessment, ROM  |
| Pan et al. (2018) Surgical effects and prognosis of non-rigid internal fixation for ankle fractures combined with tibiofibular syndesmotic injuries. <i>In J Clin Exp Med</i>  | Operative vs. Operative     | China     | Range not specified, means 36.4 and 37.1 in each group (n=90) | No  | Duration of operation | Operation angle of fixation for distal tibiofibular joint, time to achieve complete weight-bearing ambulation, post-   |

|  |                             |            |                    |    |   |  |
|--|-----------------------------|------------|--------------------|----|---|--|
|  |                             |            |                    |    |   | operative complication rate, AOFAS.      |
| Park et al. (2018) Comparison of Clamp Reduction and Manual Reduction of Syndesmosis in Rotational Ankle Fractures: A Prospective Randomized Trial. <i>The Journal of Foot and Ankle Surgery</i> . | Operative vs. Operative     | Korea      | 19-83years (n=85)  | No | ROM   | VAS-Pain, OMAS, Radiographic assessments |
| Phillips et al. (1985) A Prospective, Randomized Study of the Management of Severe Ankle Fractures. <i>The Journal of Bone and Joint Surgery Incorporated</i> .                                    | Operative vs. Non-operative | USA        | 15-78years (n=142) | No | Self-devised scoring system (compared to that of Mazur) – referenced here as Phillip score. | Radiographic assessment                  |
| Pritchett (1993) Rush Rods Versus Plate Osteosyntheses for Unstable ankle Fractures in the Elderly. <i>Orthopaedic Review</i>  | Operative vs. Operative     | USA        | 65-84years (n=50)  | No | Ankle strength tests  | ROM, Radiographic assessments            |
| Rashid et al. (2013) To evaluate the efficiency of Mobilization Techniques in Post-Traumatic stiff ankle with and without Paraffin Wax Bath. <i>Pak J Med Sci</i>                                  | Conservative Rehabilitation | Pakistan   | 20-60years (n=37)  | No | ROM   | VAS-Pain                                 |
| Rowley et al. (1986) A prospective trial comparing operative and manipulative treatment of ankle fractures. <i>The Journal of Bone and Joint Surgery</i> .   | Operative vs. Non-operative | UK&Ireland | 16-70 (n=42)       | No | ROM   | Gait analysis, radiographic assessment   |

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| Sanders et al. (2012) Operative Versus Nonoperative Treatment of Unstable Lateral Malleolar Fractures: A Randomized Multicenter Trial. <i>J Orthop Trauma</i>   | Operative vs. non-operative | Canada          | Skeletally mature up to 65years (n=81)                        | Yes | SF-36 – physical component score                | OMAS – physical component score, further procedures, complications                     |
| Shannon et al. (2017) Allgower-Donati Versus Vertical Mattress Suture Technique Impact on Perfusion in Ankle Fracture Surgery: A Randomized Clinical Trial Using Intraoperative Angiography. <i>J Orthop Trauma</i> | Operative vs. Operative     | USA             | 20-91years (n=30)   | Yes | Mean perfusion rates measured radiographically  | Other radiographically measured perfusion impairment tests                             |
| Shi et al. (2018) Comparison of the direct and indirect reduction techniques during the surgical management of posterior malleolar fractures.   | Operative vs. Operative     | China           | Range not specified, mean 49.0 and 48.1 in each group (n=116) | No  | Fracture reduction via CT Scan Radiographically | AOFAS, ROM, VAS-pain.  |
| Siddique et al. (2005) Early Active Mobilization Versus Cast Immobilization in Operatively Treated ankle Fractures. A Prospective Analysis of Early Functional Recovery. <i>European Journal of Trauma</i>          | Post-operative management   | UK&Ireland      | 16-60years (n=44)   | No  | ROM   | OMAS, Radiographic assessment  |
| Sim et al. (2019) Effect of Hospital Length of Stay on Tourniquet Use during Internal Fixation of Ankle Fractures: Randomized Controlled Trial. <i>The Journal of Foot and Ankle Surgery</i> .                      | Operative vs. operative     | UK&Ireland      | 18+ years (n=188)   | Yes | Length of Stay                                  | Duration of operation, Occurrence of intra-operative and post-operative complications. |
| Sondenaa et al. (1986) Immobilization of operated ankle fractures. <i>Acta Ortho Scand</i>  | Post-operative management   | Norway          | 16-59years (n=53)   | No  | Strength  | ROM, swelling, pain  |
| Springer et al. (1998) Resorbable rods and screws for the fixation of ankle fractures. A prospective randomized clinical trial. <i>Unfallchirurg</i>  | Operative vs. Operative     | The Netherlands | 16-75years (n=50)   | No  | Radiographic assessments                        | OMAS, complications  |

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|--|--|------------|--|-----|----------------------------|--|
| Strömsöe et al. (1995) The repair of a ruptured deltoid ligament is not necessary in ankle fractures. <i>Journal of Bone and Joint Surgery (Br)</i>  | Operative vs. Operative  | Norway     | 17-75years (n=50)                        | No  | Radiographic assessments   | Length of stay, complications, further procedures                                      |
| Stuart et al. (1989) Comparative study of functional bracing and plaster cast treatment of stable lateral malleolar fractures. <i>Injury</i>   | Conservative rehabilitation  | UK&Ireland | Not specified "adults" (n=40)            | No  | Radiographic assessments   | Ankle comfort using VAS scale, swelling, ROM, symptomatology (not stated how measured) |
| Sultan et al. (2014) Compression stockings in the management of fractures of the ankle. A randomised controlled trial. <i>The Bone and Joint Journal</i> .   | Rehabilitation of operatively and non-operatively managed patients (mixed) | UK&Ireland | 16-79years (n=90)                        | Yes | OMAS                       | SF-12, AOFAS, DVT incidence, swelling, ROM   |
| Sun et al. (2014) A Prospective, randomised trial comparing the use of absorbable and metallic screws in the fixation of distal tibiofibular syndesmosis injuries. <i>The Bone and Joint Journal</i> . | Operative vs. Non-Operative  | China      | 18-72years (n=168)                       | No  | Baird Score                | ROM, Pain, radiographic assessment, complications                                      |
| Takao et al. (2004) Diagnosis and Treatment of Combined Intra-articular Disorders in Acute Distal Fibular Fractures. <i>The Journal of Trauma Injury, Infection, and Critical Care</i>                 | Operative vs. Operative  | Japan      | 20-64years (n=72)                        | No  | AOFAS                      | Radiographic assessment, clinical assessment   |
| Thordarson et al. (2001) The role of ankle Arthroscopy on the Surgical Management of Ankle Fractures. <i>Foot and Ankle International</i> .  | Operative vs. Operative  | USA        | Not specified range, mean 29years (n=19) | No  | Intra-operative assessment | AAOS   |

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|---|-------------------------------|-----------|--|-----|--|---|
| Thordarson et al. (1997) International Pneumatic Pedal Compression and Edema Resolution After Acute Ankle Fracture: A Prospective, Randomized Study. <i>Foot and Ankle International</i> .  | Post-operative rehabilitation | USA       | Not specified adult population (n=30)                          | Yes | Swelling                                       | None  |
| Thordarson et al. (2001) Bioabsorbable Versus Stainless Steel Screw Fixation of the Syndesmosis in Pronation-Lateral Rotation Ankle Fractures: A Prospective Randomized Trial. <i>Foot and Ankle International</i> .                | Operative vs. Operative       | USA       | Not specified range, means of each group 32 and 24years (n=32) | No  | Clinical exam – non-descript                   | Questionnaire (no reference or description given), radiographic assessment  |
| Tropp et al. (1995) Ankle Performance after Ankle Fracture: A Randomized Study of Early Mobilization. <i>Foot and Ankle International</i> .   | Post-operative management     | Sweden    | 19-60years (n=30)  | No  | OMAS (no description of changes made in paper) | Measurement of atrophy, swelling, ROM, strength, wound healing via clinical assessment, complications, radiographic assessment                          |
| Tsukada et al. (2013) Locking versus non-locking neutralization plates for treatment of lateral malleolar fractures: a randomized controlled trial. <i>International Orthopaedics</i> .   | Operative vs. Operative       | Japan     | Not specified range, mean 40years (n=52)                       | Yes | Radiographic assessment of union               | SF-36, clinical confirmation of bone union, complications   |
| Tuckett et al. (2018) Transarticular tibiototalcalcaneal nailing versus open reduction and internal fixation for treatment of the elderly ankle fracture: protocol for a multicentre randomised controlled trial. <i>BMJ Open</i> . | Operative vs. operative       | Australia | 50 years + (n=110)   | Yes | Complication rate                              | Length of Stay, Non-union, blood transfusion, medical complications, mobility at discharge, discharge destination, AOFAS, OMAS, Secondary interventions |



|   |                             |                 |                            |     |  |  |
|---|-----------------------------|-----------------|----------------------------|-----|--|--|
|   |                             |                 |                            |     |  | required, mortality rate and EQ-5D-5L  |
| van den Berg et al. (2018) Functional bracing treatment for stable type B ankle fractures. <i>Injury</i>  | Conservative Rehabilitation | The Netherlands | 18-74 (n=44)               | Yes | OMAS   | VAS comfort and pain, AAOS, EQ-5D and ROM  |
| van der Velde et al. (2013) Reducing the potential for tourniquet-associated reperfusion injury. <i>European Journal of Emergency Medicine</i>  | Operative vs. Operative     | UK&Ireland      | Not specified adult (n=16) | Yes | pH changes via blood gas/biochemistry analysis | Serum potassium sodium, lactate and calcium concentration, PaO <sub>2</sub> , PaCO <sub>2</sub> , base excess, HCO <sub>3</sub> , SaO <sub>2</sub> |
| Verhage et al. (2017) Medium-sized posterior fragments in AO Weber-B fractures, does open reduction and fixation improve outcome? The POSTFIX-trial protocol, a multicenter randomized clinical trial. <i>BMC Musculoskeletal Disorders</i> . | Operative vs. operative     | The Netherlands | 18-70years (n=84)          | Yes | AAOS   | AOFAS, OMAS< Radiographic assessment, VAS-Pain, ROM, EQ-5D-5L  |
| Vidovic et al. (2017) Posterior fragment in ankle fractures: anteroposterior vs posteroanterior fixation. <i>Injury</i>   | Operative vs. operative     | Croatia         | 33-71 years (n=48)         | No  | Quality of reduction radiographically          | Rom and complication rates.  |
| Vioreanu et al. (2007) Early Mobilization in a Removable Cast Compared with Immobilization in a Cast After Operative Treatment of Ankle Fractures: A Prospective Randomized Study. <i>Foot and Ankle International</i>                        | Post-operative management   | UK&Ireland      | 14-65years (n=66)          | No  | Ankle swelling                                 | Muscle atrophy, ROM, OMAS, Radiographic assessment, AOFAS, time to return to work, SF-36   |

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| White et al. (2016) A prospective randomised controlled trial of the fibular nail versus standard open reduction and internal fixation for fixation of ankle fractures in elderly patients. <i>The Bone and Joint Journal</i>   | Operative vs. Operative     | UK&Ireland | 65-93years (n=100) | Yes | OMAS  | Complications, SFMA, VAS for satisfaction with scar, economic evaluation  |
| Willett et al. (2016) Close Contact Casting vs Surgery for Initial Treatment of Unstable Ankle Fractures in Older Adults. A Randomized Clinical Trial. <i>Journal of American Medical Association</i>   | Operative vs. non-operative | UK&Ireland | >60years (n=620)   | Yes | OMAS  | SF-12, EQ-5D-3L, Pain, Patient satisfaction with treatment, economic evaluation, time spent non-weight bearing, ROM, Timed get up and Go test, complications, radiographic assessment |
| Winge et al. (2018) Wound complications after ankle surgery. Does compression treatment work? A randomized, controlled trial. <i>European Journal of Trauma and Emergency Surgery</i> .   | Post-operative management   | Denmark    | 18+ years (n=153)  | Yes | Infection                                     | Necrosis and Wound dehiscence   |
| Xian et al. (2018) Novel Elastic Syndesmosis Hook Plate Fixation Versus Routine Screw Fixation for Syndesmosis Injury. <i>The Journal of Foot and Ankle Surgery</i>   | Operative vs. Operative     | China      | 18-65years (n=68)  | No  | Radiographic assessment                       | Wound complications, VAS-Pain, ROM, time to return to work/usual activities   |
| Zhan et al. (2016) Anterior-inferior tibiofibular ligament anatomical repair and augmentation versus trans-syndesmosis screw fixation for the syndesmotic instability in external-rotation type ankle fracture with posterior malleolus involvement: A prospective and comparative study. <i>Injury</i> | Operative vs. operative     | China      | 19-67 (n=68)       | No  | Radiographic assessment, quality of reduction | Radiographic assessment (syndesmosis diastasis recurrence), VAS-pain, return to work, OMAS, ROM, wound complications  |

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|---|---|-----------------------|--------------------------------------|------------|--|---|
| <p>Kearney (2015) AIR: Ankle injury rehabilitation.<br/> <i>ISRCTN17809322</i><br/> <a href="https://www.isrctn.com/ISRCTN17809322">https://www.isrctn.com/ISRCTN17809322</a></p>                                     | <p>Rehabilitation of operatively and non-operatively managed patients (mixed)</p> | <p>UK&amp;Ireland</p> | <p>16years+ (n=50 planned)</p>       | <p>Yes</p> | <p>MOXFQ</p>   | <p>complications, EQ-5D-5L, OMAS, healing via radiographic assessment</p>   |
| <p>Tbaily (2015) Does early mobilisation after ankle fracture surgery enhance recovery?<br/> <i>ISRCTN15497399</i><br/> <a href="https://www.isrctn.com/ISRCTN15497399">https://www.isrctn.com/ISRCTN15497399</a></p> | <p>Post-operative management</p>  | <p>UK&amp;Ireland</p> | <p>16years+ (n=246)</p>              | <p>Yes</p> | <p>OMAS</p>  | <p>ROM, weight-bearing status, EQ-5D-5L, healing status, complications, return to usual activities</p>  |
| <p>Keene (2018) Ankle fracture Treatment: Enhancing Rehabilitation - The AFTER Study.<br/> <i>ISRCTN16612336</i><br/> <a href="http://www.isrctn.com/ISRCTN16612336">http://www.isrctn.com/ISRCTN16612336</a></p>     | <p>Rehabilitation of operatively and non-operatively managed patients (mixed)</p> | <p>UK&amp;Ireland</p> | <p>"Adult" (n=48 planned sample)</p> | <p>Yes</p> | <p>Feasibility of recruitment, retention and follow up</p> | <p>OMAS, LEFS, VAS-Pain, EQ-5D-5L, Fear of Falls using Falls Efficacy Scale International (short), Self Efficacy Exercises Score, Return to usual activities, Walking aid use and distance, Medication use, Resource Use, out of pocket expenses, Adverse events, adherence to exercises, ROM, strength, short physical performance battery plus a qualitative study on a small sample of patients.</p> |

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| Hennessy (2012) Does the Geko nerve stimulator reduce Deep Vein Thrombosis (DVT) and improve healing in ankle fractures? <i>ISRCTN95441725</i><br><a href="https://www.isrctn.com/ISRCTN95441725">https://www.isrctn.com/ISRCTN95441725</a> | Post-operative management | UK&Ireland | 18years+ (n=246)   | Yes | DVT Rate | Time to union radiographically assessed, MOXFQ and time to return to work  |
| Hing (2010) A trial comparing weight bearing to non-weight bearing following ankle fracture fixation. <i>ISRCTN33416471</i><br><a href="https://www.isrctn.com/ISRCTN33416471">https://www.isrctn.com/ISRCTN33416471</a>                    | Post-operative management | UK&Ireland | 18-70years (n=76)  | Yes | OMAS     | EQ-5D-5L, ROM,PROMS (not specified), complications, time lost from work, length of stay and physiotherapy intervention required, radiographic assessment of reduction and fracture union, bony tenderness on palpation, pain free weight bearing |
| Kenyon (2008) Outcomes using biodegradable fixation materials for fractures of the ankle. <i>ISRCTN67973353</i><br><a href="https://www.isrctn.com/ISRCTN67973353">https://www.isrctn.com/ISRCTN67973353</a>                                | Operative vs. Operative   | UK&Ireland | 18-65years (n=146) | Yes | AOFAS    | VAS-pain, OMAS, time of injury until operation, tourniquet time, post medical history, Co-morbidities, smoking history, time non-weight bearing following surgery, further surgery, complications  |
| Encore Medical (2016) CMF Bone Stimulation as Adjunct to Surgical Treatment of Ankle Fractures <i>NCT02688855</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02688855">https://clinicaltrials.gov/ct2/show/NCT02688855</a>          | Post-operative management | USA        | 21years + (n=217)  | Yes | OMAS     | Composite safety endpoint including radiographic assessment, further procedures or revisions, complications  |

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| Tejwan (2016) Early Weight Bearing for Unstable Ankle Fractures Undergoing Operative Stabilization. <i>NCT02779244</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02779244">https://clinicaltrials.gov/ct2/show/NCT02779244</a>                                | Post-operative management | USA             | 21years+ (n=132)   | Yes | OMAS                                    | None  |
| Anderson (2017) Arthroscopic Assisted Open Reduction Internal Fixation Versus Open Reduction Internal Fixation in Ankle Fractures. <i>NCT03084263</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT03084263">https://clinicaltrials.gov/ct2/show/NCT03084263</a> | Operative vs. Operative   | USA             | 18-65years (n=0 – no participants enrolled as study withdrawn) | Yes | AOFAS                                   | FAAM, return to sports, complications, Pain scores  |
| Rijnstate Hospital (2016) Post Operative Quality of Life and Pain in ankle Fractures: Cast Versus Functional Treatment. <i>NCT02823275</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02823275">https://clinicaltrials.gov/ct2/show/NCT02823275</a>            | Post-operative management | The Netherlands | 18-65years (n=13)  | Yes | VAS-Pain                                | Analgesia usage   |
| Sanders (2014) Open Reduction Syndesmosis Tightrope Versus Screw Fixation. <i>NCT02199249</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02199249">https://clinicaltrials.gov/ct2/show/NCT02199249</a>   | Operative vs. Operative   | Canada          | 18 years + (n=103)   | Yes | CT and Radiographic outcome (reduction) | VAS-pain, functional performance using EQ-5D, Foot and Ankle Disability Index (FADI) and AAOS Hindfoot Score, return to work. |
| Benedikte Wendt Ræder (2016) Ziptight or Tricortical Screw Fixation of Acute Tiobiofibular Syndesmotic Injury (S16) <i>NCT02930486</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02930486">https://clinicaltrials.gov/ct2/show/NCT02930486</a>                | Operative vs. Operative   | Norway          | 18-70 years (n=120)  | Yes | Modified AOFAS (OTA Score)              | MOXFQ, ROM Dorsiflexion, HRQoL using EQ-5D, Radiographic assessment (syndesmotic distance), VAS-pain                          |
| Carter (2017) Medial Malleolus: operative or Non-operative (MOON) <i>NCT03362229</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT03362229">https://clinicaltrials.gov/ct2/show/NCT03362229</a>  | Operative vs. Operative   | UK&Ireland      | 16years + (n=154)  | Yes | OMAS                                    | ED-5D, MOXFQ, tourniquet/operation time, VAS-pain   |

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|---|--------------------------|------------|---|-----|--|---|
| Pakarinen (2012) Unimalleolar Versus Bimalleolar Fixation in Bi- or Trimalleolar Ankle Fracture. <i>NCT01757951</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT01757951">https://clinicaltrials.gov/ct2/show/NCT01757951</a>                                  | Operative vs. Operative  | Finland    | 16years + (n=126)   | Yes | OMAS   | AAOS FAOS, VAS-Pain, SF36, Joint congruence and healing/union measured radiographically, complications. |
| Koval (2015) Fibular Fixation in Ankle Fractures: Plate versus Nail. <i>NCT02507193</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02507193">https://clinicaltrials.gov/ct2/show/NCT02507193</a>  | Operative vs. Operative  | USA        | 18years + (n=60)  | Yes | OMAS   | None  |
| Giannoudis (2009) Comparison of Biodegradable & Metal Plates for Fixing Ankle Fracture. <i>NCT00864877</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT00864877">https://clinicaltrials.gov/ct2/show/NCT00864877</a>   | Operative vs. Operative  | UK&Ireland | 18-60years (n=0 – not completed and no sample size given) | Yes | OMAS   | None  |
| Tornetta 3rd (2008) A Multicenter Randomized Controlled Trial Comparing Antiglides and Lateral Plate Fixation in Ankle Fractures. <i>NCT00718302</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT00718302">https://clinicaltrials.gov/ct2/show/NCT00718302</a> | Operative vs. Operative  | USA        | 18-85years (n=249)  | Yes | Non-palpable hardware (clinician assessment) | Normal peroneal tendons (assessed by clinician), AOFAS, SMFA Score and SMFA Bother Index                |
| Schønnemann (2015) Preoperative Treatment of Malleolar Fractures. <i>NCT02444468</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02444468">https://clinicaltrials.gov/ct2/show/NCT02444468</a>   | Pre-operative management | Finland    | 18years + (n=96)  | Yes | Time to surgery                              | None  |
| Kiner (2014) Surgical Versus Nonsurgical Treatment of Fibular Fractures: A Prospective Randomized Study. <i>NCT02032966</i> .<br><a href="https://clinicaltrials.gov/ct2/show/NCT02032966">https://clinicaltrials.gov/ct2/show/NCT02032966</a>                        | Operative vs. Operative  | USA        | 18years + (n=150)   | Yes | Radiographic assessment (time to union)      | Time to weight-bearing, complications and reoperation rate, SF-36, Foot Function Index (FFI)            |
| Brink (2006) Inion OTPS Biodegradable Fixation System for the Ankle. <i>NCT00300989</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT00300989">https://clinicaltrials.gov/ct2/show/NCT00300989</a>  | Operative vs. Operative  | Finland    | 18-60years (n=43)   | Yes | Kaikkonen Functional Score                   | OMAS, Radiographic assessment, Return to activities, SF-36, VAS-  |

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|---|-----------------------------|-------------|---------------------|-----|-------------------------------------|--|
|   |                             |             |                     |     |                                     | pain, wound healing via clinician assessment   |
| Amanatullah (2017) Clinical Trial Evaluating Acutrak Headless Compression Screw Fixation of Medial Malleolus Fractures <i>NCT03061279</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT03061279">https://clinicaltrials.gov/ct2/show/NCT03061279</a>                | Operative vs. Operative     | USA         | 18 years + (n=500)  | Yes | Removal rate and further procedures | Fracture non-union via radiographic assessment, PROMIS Score, Hardware related pain  |
| Kim (2014) Early Weightbearing Versus Non-weightbearing After Operative Treatment of an Ankle Fracture. <i>NCT02029170</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02029170">https://clinicaltrials.gov/ct2/show/NCT02029170</a>                               | Post-operative management   | Korea       | 18-65 years (n=192) | Yes | OMAS                                | Time to return to activity and full weight bearing, VAS-satisfaction, hardware failure, reduction loss or non-union assessed radiographically. |
| Leong (2014) Outcome of Rehabilitation Following Internally Fixed Ankle Fractures <i>NCT02160197</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT02160197">https://clinicaltrials.gov/ct2/show/NCT02160197</a>   | Post-operative management   | UK&Ireland  | 18-50 years (n=105) | Yes | MOXFQ                               | None   |
| Krause (2018) Comparing Function, Pain and Return to Work in Conservative Versus Surgical Treated Stable Lateral Malleolar Fractures. <i>NCT03587571</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT03587571">https://clinicaltrials.gov/ct2/show/NCT03587571</a> | Operative vs. non-operative | Switzerland | 18-65years (n=164)  | Yes | OMAS                                | VAS-Foot and Ankle, AOFAS, FFI, Return to work, Kellgren-Lawrence Scale  |
| Schweser (2019) Immediate Weight Bearing in Diabetic Ankle Fractures With Hindfoot Offloading (Diabetic Ankle) <i>NCT03966027</i><br><a href="https://clinicaltrials.gov/ct2/show/NCT03966027">https://clinicaltrials.gov/ct2/show/NCT03966027</a>                        | Post-operative management   | USA         | 18+ years (n=25)    | Yes | Adverse Events                      | AAOS and PROMIS Score  |