



Dynamic Postural Control in Recurrent Ankle Sprain

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Abstract : Introduction: Ankle sprain is a common lower limb injury that has a high recurrence rate, the exact cause of recurrence is not yet clear. A history of at least one previous ankle sprain is the most common predisposing factor for recurrent lateral ankle sprain. Clinicians and rehabilitation therapists are more concerned with peripheral causes of injury; however, there is also another contributory factor as ankle sprain is often associated with poor postural control. **Objective:**To measure objectively dynamic balance in the recurrent ankle sprain patients and to compare patients with controls. **Materials and methods:** Fifteen subjects with recurrent ankle sprain (group A) and fifteen healthy control subjects (group B) participated in this study. Dynamic postural control was measured by the Biodex Balance System in both groups. **Results:** The statistical analysis revealed that there was a statistically non-significant difference in dynamic balance between patients with recurrent ankle instability versus normal subjects the data revealed overall stability index ($p=0.083$), anteroposterior stability index ($p=0.160$), mediolateral stability index ($p=0.094$). **Conclusion:**There is some evidence that on average the patient group appeared to be less stable than controls in all balance tests, although the difference did not reach statistical significance.

Keywords : ankle sprain, dynamic balance, postural control.

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