

19. Injury, Poisoning and Certain Other Consequences of External Causes

Reference

Park JM, Yoon MS, Woo I, et al. The effect of ankle meridian tendino-musculature taping on lateral ankle sprain; Randomized controlled clinical study. *Hanbang-Jaehwal-Uihakgwa-Hakhoeji (Journal of Oriental Rehabilitation Medicine)* 2006; 16(1): 63–71 (in Korean with English abstract).

1. Objectives

To evaluate the effect of ankle meridian tendino-musculature taping on lateral ankle sprain.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Jaseng Hospital of Oriental Medicine), Republic of Korea.

4. Participants

Patients with less than second-degree lateral ankle sprain (onset within 48 hours) who visited the Jaseng Oriental Hospital between 15 November 2004 and 5 August 2005 (n=47).

5. Intervention

Arm 1: Treatment group. Acupuncture (So-jul [小節], O-Ho [五虎], Yifeng [TE17, 翳風]) + Ankle meridian tendino-musculature taping + taping therapy around ankle (n=24).

Arm 2: Control group. Acupuncture (So-jul [小節], O-Ho [五虎], Yifeng [TE17, 翳風]) + Ankle meridian tendino-musculature taping (n=23).

6. Main Outcome Measures

Severity of sprain evaluated on a visual analogue scale (VAS), ankle circumference measurement.

7. Main Results

The decrease in VAS score during the first to fourth treatments was significantly greater in Arm 1 than Arm 2.

8. Conclusions

The ankle meridian tendino-musculature taping is effective treatment for varus ankle sprain within 48 hours of onset.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study compares acupuncture with a combination of acupuncture and ankle meridian tendino-musculature taping as treatment for ankle sprain (n=47). VAS and ankle circumference measurement were used to evaluate these treatments. Although ankle meridian tendino-musculature taping significantly improved VAS score and ankle circumference, the number of subjects was small, which is a limitation of this study. Moreover, there were no between-group differences after the 5th treatment and it was impossible to determine the incidence of chronic ankle instability and recurrence.

11. Abstractor and date

Cho SH, 13 July 2010.