

Abstract

Title

Ankle sprain, conservative versus operational treatment: A literature review

Aim

The main purpose of this thesis is to assess and review the efficacy of main types of conservative and surgical interventions applied on ankle sprain injuries, as also the factors that influence the clinical outcomes in patients undergoing the selected treatment procedures.

Method

This thesis is a literary research, reviewing articles from relevant journals and books. Information and data sources were retrieved from English, released between 1980 and 2016, using electronic databases and reference lists of articles. The following databases were searched for the highest possible amount of relevant articles, with an attempt to reduce publication and/or selection bias: PubMed, EMBASE, CINAHL, The Cochrane Library (Cochrane Database of Systematic Reviews), Web of science and Medline. Preliminary searches began at the inception of the project, and the full search was concluded in October 10th, 2016. A restriction for the type of publication (meta-analysis, systematic review, clinical trials, comparative trials, practice guidelines and case studies) was applied when allowed by the databases research tools.

Results

The analysis of the reviewed studies resulted that conservative treatment approaches is the main treatment of choice regarding ankle sprain injuries. Patients undergoing conservative care and surgical intervention improve in long term, however conservatively treated patients present faster recovery times, with less complications when compared to surgical approaches.

Conclusions

Conservative treatment is preferable to surgery for most types of ankle sprains. However for patients with persistent symptoms that doesn't respond to conservative treatment, surgery must be taken into consideration.

Key words: Ankle sprain, acute sprain, lateral ankle sprain, ankle sprain treatment, ankle instability, sports injury, athletic injury, treatment, therapy.