



MalleoTrain / O'Hara et al., 1992

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*Bewegung erleben:* [www.bauerfeind.com](http://www.bauerfeind.com)



# MalleoTrain® /

## Effect of an ankle support in acute ankle injuries

- **Study Design:**  
**Observational, controlled trial:**  
**Study, conducted in England, Sussex,**  
**by general practitioner**
- **Theme:**  
**Controlled study with support for ankle (MalleoTrain) in acute**  
**ankel injuries**
- Which effect has MalleoTrain on rest pain, night pain and activity pain?
- Does MalleoTrain influence the drug usage or the sick days?



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## Effect of an ankle support in acute ankle injuries

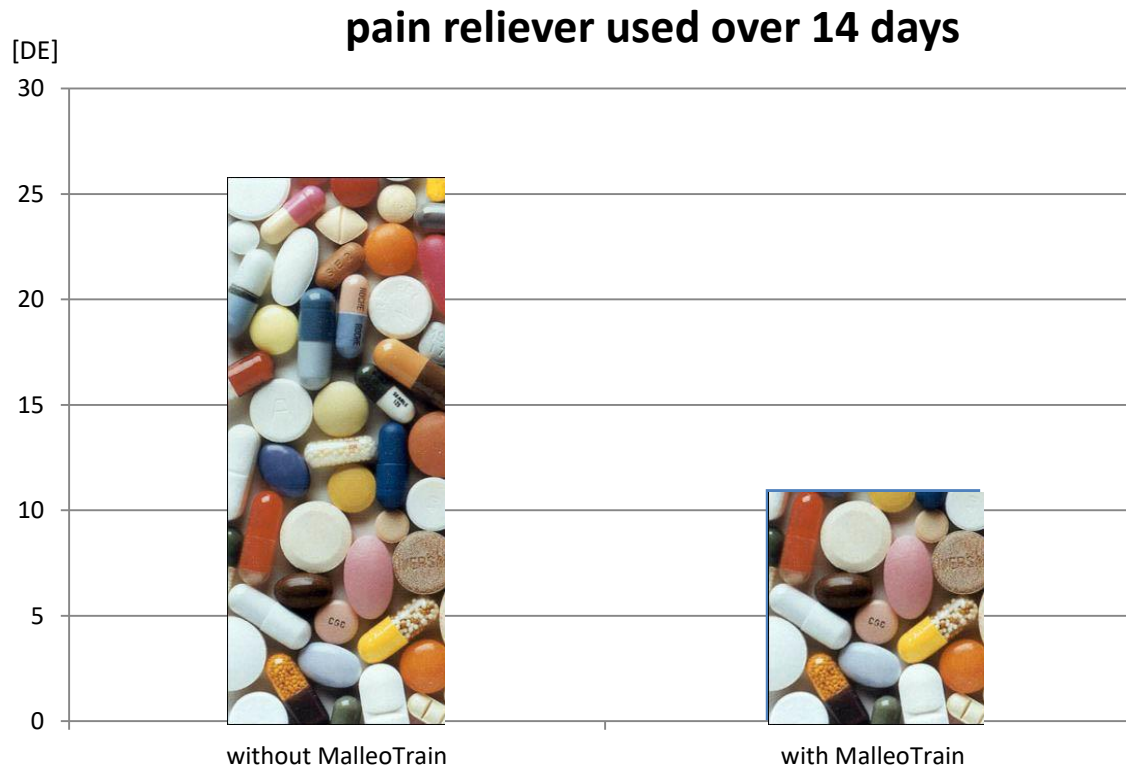
- **Numbers of patients:**
- n (total) = 220, with MalleoTrain n= 118 , control n= 102
- **Indication: acute, first time supination trauma (stage I or II)**
  - x-ray – radiological saved
- **Therapy: Rest and cooling plus pain reliever ( Paracetamol)**
  - plus „Tubigrip“ (elastic bandage) in control group
  - plus MalleoTrain in „support group“
- **Time of investigation: 14 days**



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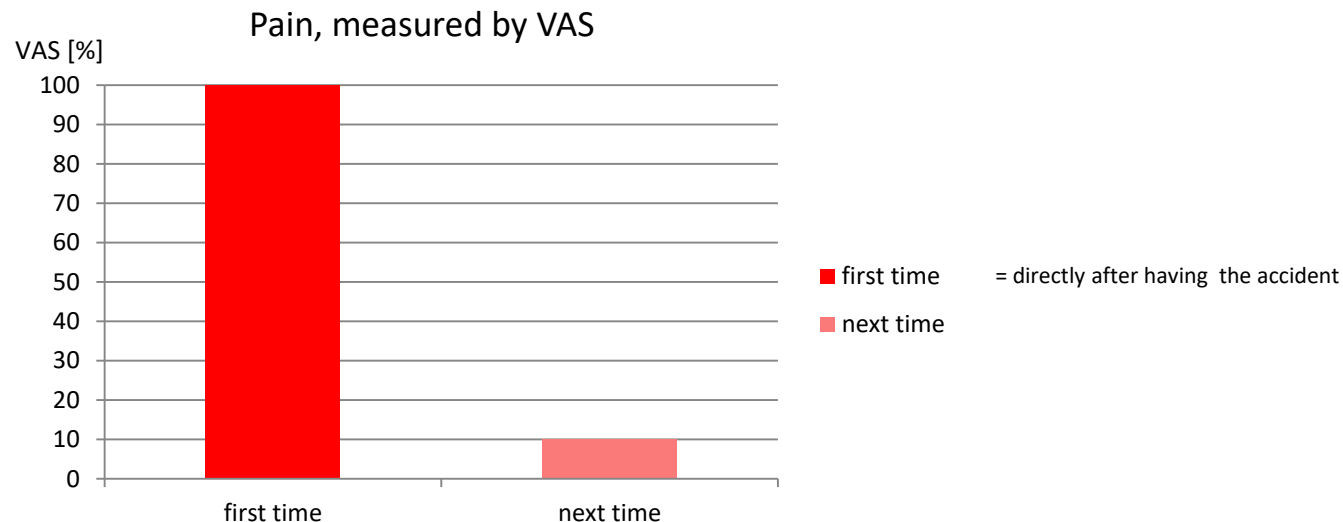
- Patients with MalleoTrain need 51% less pain reliever, compared to the control group. (11,0 DE to 25,6 DE / 14 days)



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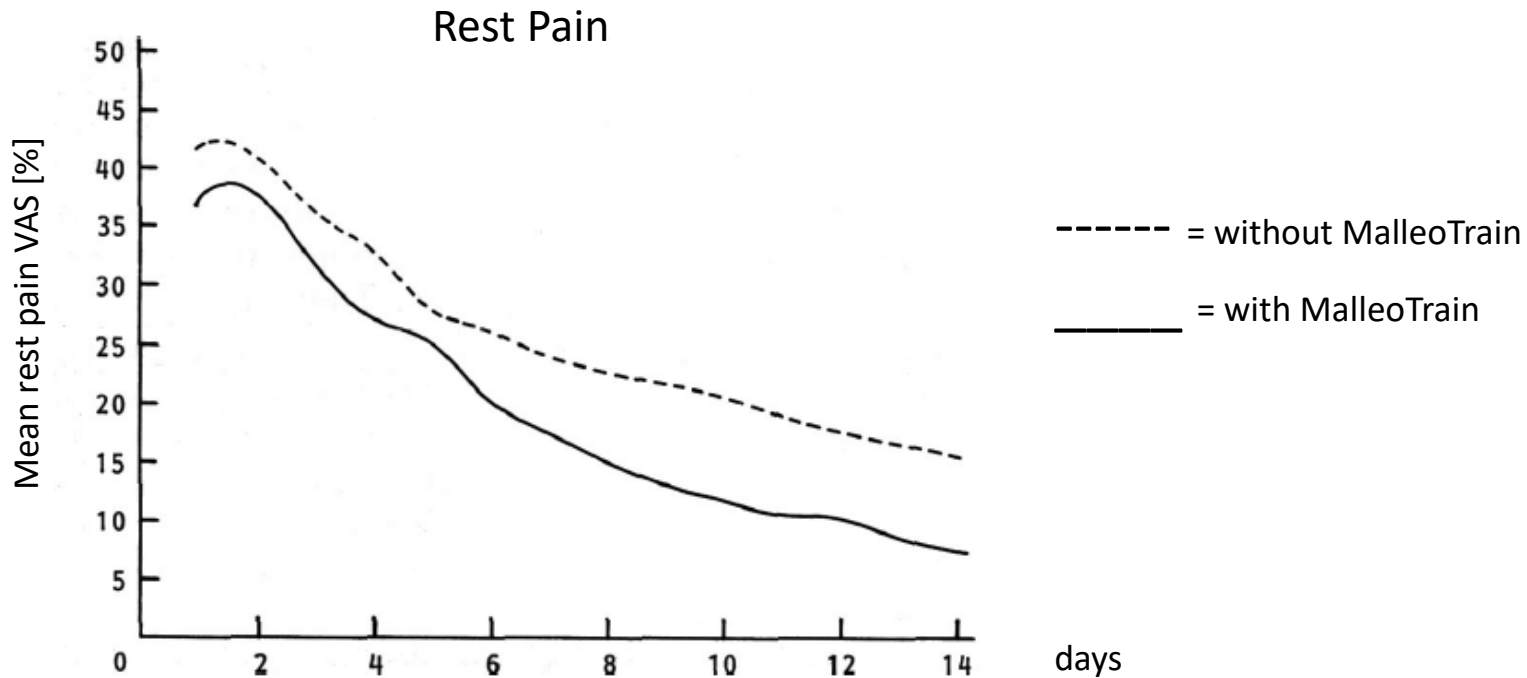
## Effect of an ankle support in acute ankle injuries

- Patients with MalleoTrain have less pain significantly  
(period of time, till the VAS-Wert decreases up to 10 % or less.)
- Improvement of rest pain → 2 days earlier (nearly) pain free
- Improvement of the night pain → 2,5 days earlier only with less pain



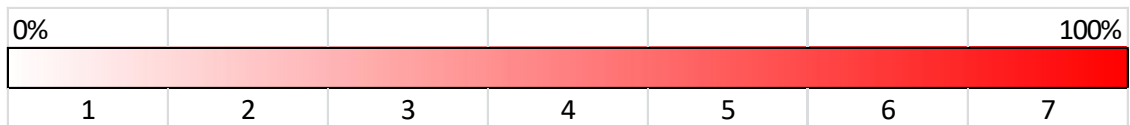
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## Effect of an ankle support in acute ankle injuries



no pain

worst pain

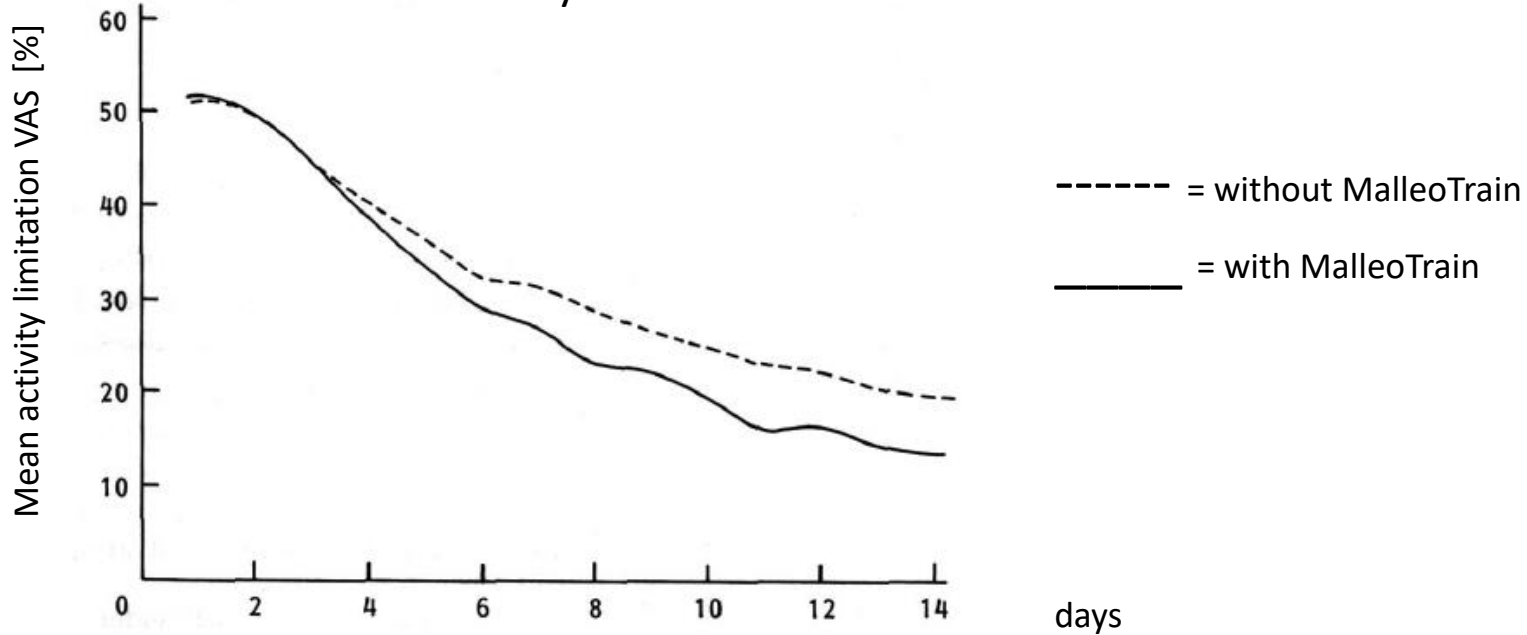


VAS, visual analog scale

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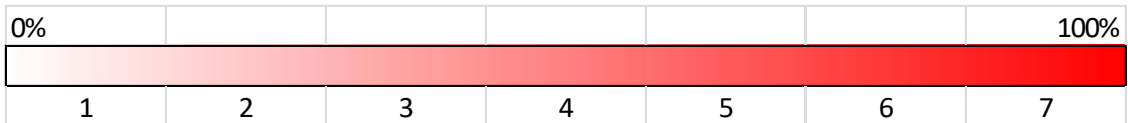
## Effect of an ankle support in acute ankle injuries

Activity limitation



no activity

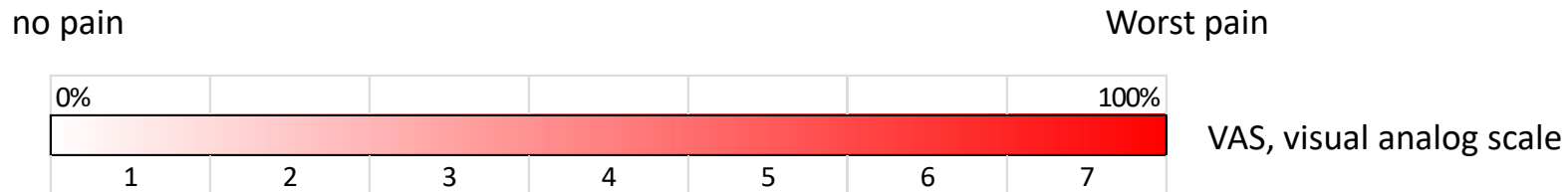
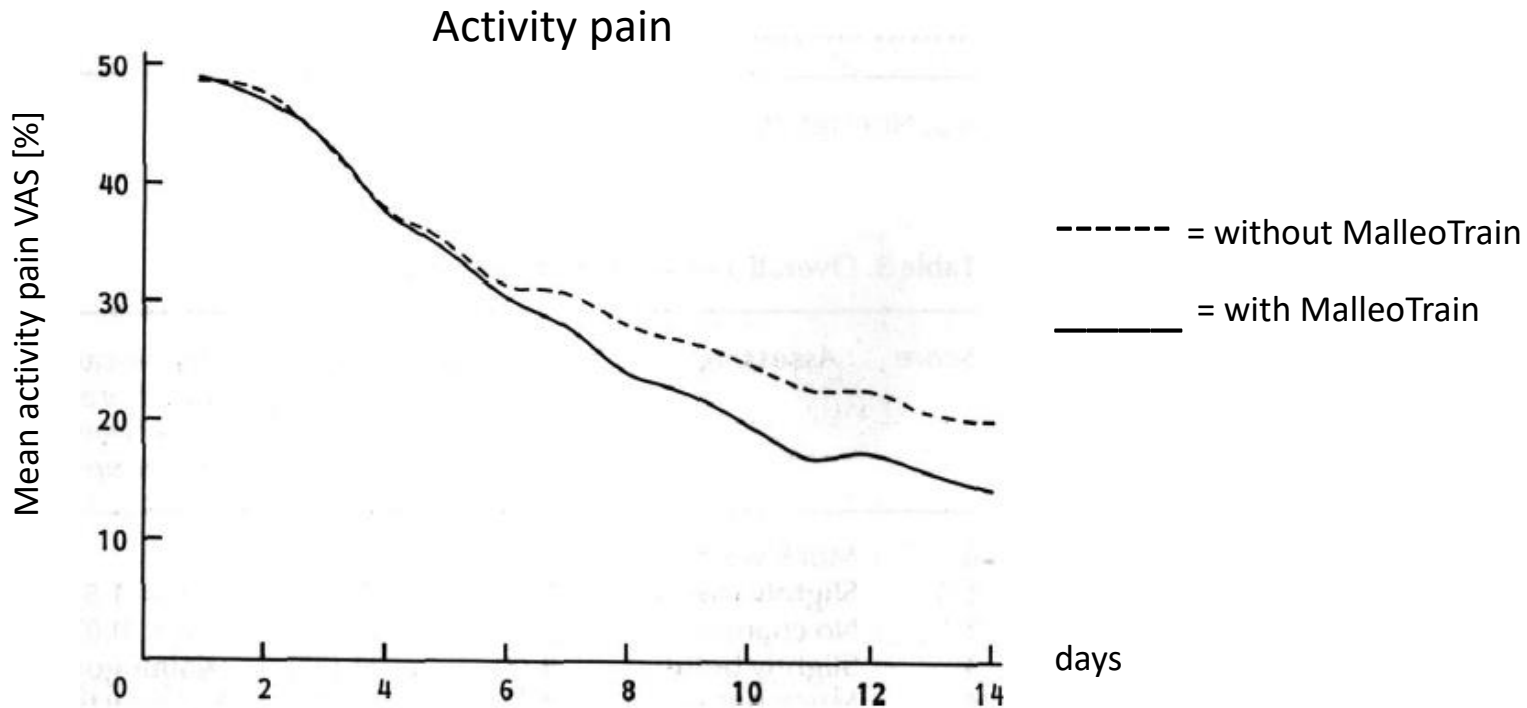
no limitation



VAS, visual analog scale

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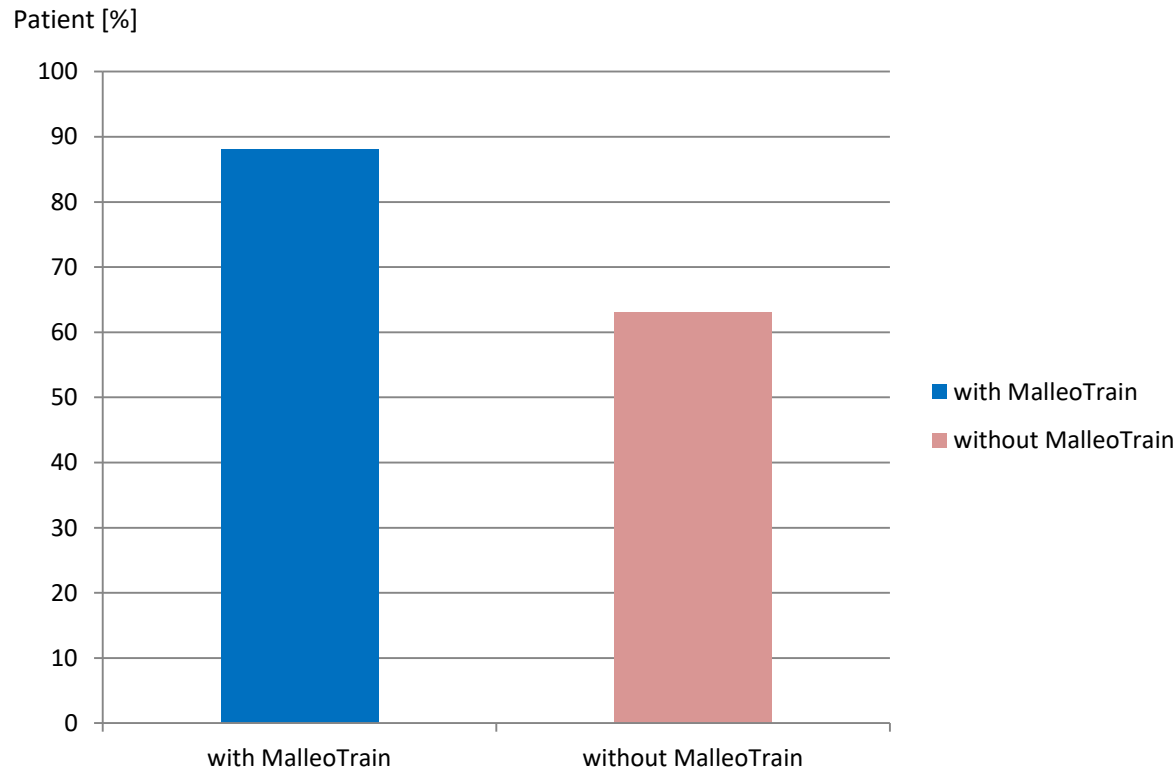
## Effect of an ankle support in acute ankle injuries



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## Effect of an ankle support in acute ankle injuries

After 14 days 88 % [with MT] vs. 67 % [without MT] of the patients shows normal condition or nearly normal condition



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## Effect of an ankle support in acute ankle injuries

- **Results:**

- Patients with MalleoTrain need 51% less pain reliever, compared to the control group. (11,0 DE to 25,6 DE / 14 days)
- Patients with MalleoTrain have less pain significantly  
(period of time, till the VAS-data decreases up to 10 % or less.
  - Improvement of rest pain → 2 days earlier (nearly) pain free
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- After 14 days 88 % [with MT] vs. 67 % [without MT] of the patients shows normal condition or nearly normal condition