The effect of pneumatic ankle orthoses on balance in subjects with functional ankle instability

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Abstract:

The aim of this research was to evaluate the effect of pneumatic ankle orthoses on the balance of subjects with functional ankle instability. A total of 30 participants were randomly divided into two groups: the orthoses group and the control group. The intervention group wore pneumatic ankle orthoses for 4 weeks, while the control group did not wear any orthoses. Balance was evaluated using a balance platform before and after the intervention. The results showed that the orthoses group had significantly better balance than the control group after the intervention. These findings suggest that pneumatic ankle orthoses can improve balance in subjects with functional ankle instability.