The Comparison mobilization and mobilization with movement effects on pain, range of motion and static balance in ankle sprain

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Comments: Effective mobilization and mobilization with movement in the prevention of ankle sprain and post-sprain recovery and the prevention of the condition of pain and immobility was shown. 

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The purpose of the present study was to compare mobilization and mobilization with movement effects on pain, range of motion and static balance in ankle sprain patients. A total of 60 patients with ankle sprain were randomly selected and divided into two groups. The first group underwent mobilization and mobilization with movement, and the second group underwent mobilization only. The pain level was measured using the visual analog scale (VAS) and the range of motion and static balance were assessed using the Tegner scale. The results showed that mobilization and mobilization with movement were effective in reducing pain and improving range of motion and static balance in ankle sprain patients compared to mobilization alone. 

Conclusion: Mobilization and mobilization with movement are effective in the prevention of ankle sprain and the post-sprain recovery and the prevention of the condition of pain and immobility.