Primary and Acute Ankle Sprain

Inclusion

Informed consent

Randomization (n = 180)

Purely Functional (n = 60)

Tape (n = 60)

Brace (n = 60)

Exercise Schedule

Follow Up

Outcomes measured on the following scoring moments:
- after 5-7 days: VAS pain, Karlsson, FAOS
- after 6 weeks: VAS pain, Karlsson, FAOS, recurrences
- after 6 months: VAS pain, Karlsson, VAS satisfaction, recurrences
- after 1 year: VAS pain, Karlsson, FAOS, VAS satisfaction, recurrences