Normal A&E work-up including X-ray to exclude fracture if indicated

Grade II & III sprains referred to clinic as per normal practice. Provided with information and invitation to join trial

Follow up clinic 2-3 days later: Consent

Yes

Baseline assessment and randomisation

Aircast® Brace  Bledsoe® Boot  Tubigrip®

Follow-up assessments at 4 weeks, 12 weeks and 9 months

Not eligible
Grade I sprains
Fractures

Tracking system instituted to determine bias due to clinic non-attendance

No, reasons for decline recorded. Treatment as normal

Not eligible
Grade I sprains
Fractures