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Title: Efficacy of non-surgical interventions on dynamic balance in patients with ankle instability: a network meta-analysis

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Abstract

Objectives: To identify non-surgical treatments which were deemed to be more effective in improving dynamic postural control in patients with chronic ankle instability (CAI).

Design: Systematic review and random-effects network meta-analysis.

Methods: We searched Scopus, CENTRAL, and PubMed until 26 August 2017. We used data from randomized trials comparing the results of different non-surgical interventions for lateral CAI. We assessed dynamic postural control in terms of the star-excursion balance test in the posteromedial direction. We evaluated this outcome at the end of the rehabilitation protocols (i.e., short term) and 6 months after treatment (i.e., medium term). We assessed the quality of the included studies with

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