



Research Title: **Osteopathic Treatment Of Chronic Pain After An Ankle Sprain**

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ABSTRACT

Purpose/Background: Ankle sprain are the most common injuries occurring to athletes worldwide. They represent 40% of all athletic injuries. One of the most involved sport is volleyball. Up to now less importance is given to long term outcomes of ankle sprain, however up to 30% of people who had an ankle sprain suffer of chronic symptoms. One of the most frequent and weakening symptom is chronic pain. The purpose of this study is to evaluate the effect of Osteopathic Manipulative Treatment (OMT) on chronic pain and function of the ankle joint in volleyball players.

Methods: Twenty volleyball players with chronic ankle pain were voluntarily recruited for the study. They were randomly assigned either to the OMT group or to Placebo control group. Independent variables including dorsiflexion Range of Motion (ROM) and pain were taken before and after each treatment. Self-reported function of the ankle was reported at the beginning and at the end of the study. Participants in OMT group received eight osteopathic treatments , while participants in the placebo group received eight placebo treatments.

Results: Subjects in the OMT group had a statistically significant improvement in pain and in self-reported function of the ankle. Both groups demonstrated also a significant improvement in dorsiflexion ROM with a statistically significant improvement in the OMT group.

Conclusions: The result of this study demonstrate that OMT have a positive effect in the management of chronic ankle pain and ankle function in volleyball players.