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Combination of rice protocol with Mulligan's MWM in grade 1 acute lateral ankle sprains: a pilot study

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To compare the effects of combining RICE (rest, ice, compression, and elevation) protocol along with Mulligan's mobilization with movement (MWM) as opposed to RICE protocol alone in acute cases of grade 1 lateral ankle sprains. Inversion sprain, one of the common injuries observed in the ankle is associated with inflammation and forward pull of the fibula over the tibia at the distal tibio-fibular joint causing a 'positional fault'. There are numerous reports favoring clinically beneficial effects of Mulligan's MWM treatment technique in sub-acute and chronic cases. Since there is dearth of evidence suggesting the effect of Mulligan's MWM in acute cases, this study was initiated. In our study 12 subjects diagnosed with grade 1 inversion sprains were enrolled from the Physiotherapy out-patient department. They were randomly allocated into control and experimental group. The experimental group received RICE protocol along Mulligan's MWM at the distal tibio-fibular joint followed by Mulligan's taping. Control group received RICE protocol alone. The outcome measures, VAS for pain and ankle dorsiflexion range were documented on day 1 and 2 weeks post intervention. The groups were homogeneous for all the parameters at baseline ($p > 0.05$). Compared with the control group, the experimental group significantly improved in both the outcome measures ($p < 0.05$). With this study we can conclude that correction of the distal tibio-fibular positional fault by Mulligan's MWM along with the RICE protocol is worth seeing for further exploration in acute lateral ankle sprain patients.

Biography

Nivedita Kadambi has two years of clinical work experience which includes assessing and planning and treatment of various musculoskeletal disorders. She has presented in various national and international conferences.

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