

Proprioceptive and Balance-focussed Exercise Training in Patients with Chronic Ankle Instability: A Narrative Review

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ABSTRACT

Chronic ankle instability (CAI) is a prevalent disorder characterised by recurrent episodes of ankle instability and related functional restrictions. It frequently lowers physical activity levels and reduces quality of life. Up to 70% of people who have acute ankle injuries develop CAI, a common side effect of lateral ankle sprains. Decreased proprioception, muscle weakness, and changed movement mechanics are common in people with CAI, and these symptoms increase the risk of recurrent injuries and cause ongoing. It has been shown that proprioceptive and balance-focussed exercise training can be a useful strategy for addressing these problems. Consolidating the most recent data on the effectiveness of various therapies for people with CAI is the goal of this narrative review.

To find studies on different aspects of proprioceptive and balance-focussed exercise training, a comprehensive literature review covering the years 2015–2024 was carried out using the PubMed and Scopus databases. The review concentrated

on how it enhanced ankle joint functional performance, joint position awareness, and dynamic balance. The promising initial results underscore the necessity of extensive research to improve procedures, address discrepancies, and assess long-term results.

The findings suggest that proprioceptive and balance-focussed exercise training improves functional performance and enhances ankle stability among patients undergoing rehabilitation training. Despite the heterogeneity in study designs, exercise protocols, and outcome measures, the overall evidence supports the effectiveness of rehabilitation in CAI.

This review identifies opportunities for further research, including long-term effectiveness and the creation of standardised protocols, while highlighting the clinical value of proprioceptive and balance-focussed exercise training in the treatment of chronic ankle instability.

Keywords: Ankle injury, Balance training, Proprioception.