

APPENDIX 1: SURVEY

Clinician Patterns of Ankle Brace Recommendation and Perception of Factors Associated with Brace Use

A. Patient and Brace Volume:

1. In the last 12 months, please estimate the number of patients with ankle sprain injuries you have evaluated and/or treated: 0 1-5 6-10 11-15 16-25
 26-50 51 or more

If you answered 0 to the above question, please skip forward to section F on page 5

Ankle brace recommendations:

2a. In the last 12 months, please estimate the total number of ankle braces you have dispensed and/or recommended to your patients: 0 1-5 6-10 11-15
 16-25 26-50 51 or more

If you answered 0 to the above question, please skip forward to section D on page 4

2b. In the last 12 months, please estimate the percentage of patients you have treated for an **initial** ankle sprain injury for whom you recommend use of an ankle brace: _____ %

2c. In the last 12 months, please estimate the percentage of patients you have treated for a **recurrent** ankle sprain injury for whom you recommend use of an ankle brace: _____ %

3a. In your current position do you have the autonomy to decide if a patient needs to use an ankle brace?
 yes no

3b. If you answered yes to question 3a, do you also have the autonomy to decide which ankle brace a patient should wear?
 yes no

B. Most Frequently recommended braces

1. Please select the brace you have recommended and/or dispensed most frequently in the last 12 months:

(drop down menu on web survey listing the following options:)

- Active Ankle Support (Active Ankle)
- Aircast Air-Stirrup (Aircast)
- Ankle Brace Lock (Breg, Vista, CA)
- Ankle Ligament Protector (DonJoy)
- Ankle Lok (the original "Swede-O")
- ASO (Medical Specialties Charlotte, NC)
- Guardian Ankle (McDavid Sports)
- McDavid Sports Medical Products lace-up brace
- RocketSoc (DonJoy)Universal Ankle Stirrup (DonJoy)
- Other (please specify)

In the last 12 months, please estimate how many times you have recommended and/or dispensed the above brace:

- 1-5 6-10 11-15 16-25 26-50 51 or more

2. Please select the brace you have recommended and/or dispensed 2nd most frequently in the last 12 months:

(drop down menu of braces)

- Active Ankle Support (Active Ankle)
 - Aircast Air-Stirrup (Aircast)
 - Ankle Brace Lock (Breg, Vista, CA)
 - Ankle Ligament Protector (DonJoy)
 - Ankle Lok (the original "Swede-O")
 - ASO (Medical Specialties Charlotte, NC)
 - Guardian Ankle (McDavid Sports)
 - McDavid Sports Medical Products lace-up brace
 - RocketSoc (DonJoy)Universal Ankle Stirrup (DonJoy)
 - Other (please specify) _____
- N/A no more than one brace recommended

In the last 12 months, please estimate how many times you have recommended and/or dispensed the above brace:

- 1-5 6-10 11-15 16-25 26-50 51 or more

3. Please select the brace you have recommended and/or dispensed 3rd most frequently in the last 12 months:

(drop down menu of braces)

Active Ankle Support (Active Ankle)

Aircast Air-Stirrup (Aircast)

Ankle Brace Lock (Breg, Vista, CA)

Ankle Ligament Protector (DonJoy)

Ankle Lok (the original "Swede-O")

ASO (Medical Specialties Charlotte, NC)

Guardian Ankle (McDavid Sports)

McDavid Sports Medical Products lace-up brace

RocketSoc (DonJoy) Universal Ankle Stirrup (DonJoy)

Other (please specify) _____

N/A no more than two braces recommended

In the last 12 months, please estimate how many times you have recommended and/or dispensed the above brace:

1-5 6-10 11-15 16-25 26-50 51 or more

C. Most influential factors when selecting a brace

1. Please select the factor that is most influential when you select an ankle brace.

- availability of the brace
- comfort of the brace
- cost of the brace
- effectiveness in preventing ankle sprain
- likelihood of compliance
- influence on performance
- severity (grade) of ankle sprain
- other (please describe _____)

2. Please select the factor that is 2nd most influential when you select an ankle brace.

- availability of the brace
- comfort of the brace
- cost of the brace
- effectiveness in preventing ankle sprain
- likelihood of compliance
- influence on performance
- severity (grade) of ankle sprain
- other (please describe _____)
- N/A only one factor influences my decision

3. Please select the factor that is 3rd most influential when you select an ankle brace.

- ___ availability of the brace
- ___ comfort of the brace
- ___ cost of the brace
- ___ effectiveness in preventing ankle sprain
- ___ likelihood of compliance
- ___ influence on performance
- ___ severity (grade) of ankle sprain
- ___ other (please describe _____)
- ___ N/A no more than two factors influence my decision

D. Potential Ankle Brace Side-Effects

Please check the box of the appropriate answer for each of the following questions:

1. When considering recommendation of an ankle brace, how concerned are you about the potential for **reduced ankle musculature strength** once the brace is no longer used?

- 1. not concerned at all
- 2. minimally concerned
- 3. moderately concerned
- 4. greatly concerned

2. When considering recommendation of an ankle brace, how concerned are you about the potential for **compromised ankle joint proprioception** once the brace is no longer used?

- 1. not concerned at all
- 2. minimally concerned
- 3. moderately concerned
- 4. greatly concerned

3. When considering recommendation of an ankle brace, how concerned are you about the potential for **compromised dynamic balance** once the brace is no longer used?

- 1. not concerned at all
- 2. minimally concerned
- 3. moderately concerned
- 4. greatly concerned

4. When considering recommendation of an ankle brace, how concerned are you about increased **risk of injury to knee joint structures**?

- 1. not concerned at all
- 2. minimally concerned
- 3. moderately concerned
- 4. greatly concerned

E. Current Practice

1. On average for how long after a **first-time ankle sprain** do you typically recommend a patient wear an ankle brace during physical activity that poses a risk of ankle sprain injury?

- Not at all
- 1-6 days
- 1-4 weeks
- 1-3 months
- greater than 3 months
- forever when participating in the activity

2. On average for how long after a **recurrent ankle sprain** do you typically recommend a patient wear an ankle brace during physical activity that poses a risk of ankle sprain injury?

- Not at all
- 1-6 days
- 1-4 weeks
- 1-3 months
- greater than 3 months
- forever when participating in the activity

F. Please provide the following information about your experience as a clinician:

1. Please indicate your professional status: ATC PT PT and ATC

2. Please record your total years of clinical experience as an ATC _____ PT _____

3. Please indicate your years of experience in orthopedics and/or sports medicine:

4. What is your current clinical Setting (please check all that apply):

- Sports Team(s)
- Sports Medicine clinic
- Outpatient Orthopedic clinic
- Other (please describe): _____

Appendix 2. Descriptive Statistics*

	<u>N (%)</u>
Clinicians' Professional Status	
AT	198 (61.1)
PT	99 (30.6)
Both AT and PT	27 (8.3)
Total	324 (100.0)
Clinicians' Clinical Setting[†]	
Sports team	108 (33.3)
Sports medicine	63 (19.4)
Outpatient orthopaedic	150 (46.3)
University	21 (6.5)
High school/middle school	35 (10.8)
Other	23 (7.1)
Clinicians' Years of Experience, mean (SD)	
AT	11.0 (8.1)
PT	12.8 (9.7)
Orthopaedics and/or sports medicine	11.4 (8.0)
Percentage of patients for whom clinicians recommended use of an ankle brace, mean (SD)	
Initial sprain, all clinicians	48.1 (32.0)
Recurrent sprain, all clinicians	64.1 (35.5)

*Data presented as N (%) unless otherwise indicated. AT, athletic trainer; PT, physical therapist.

[†]Since respondents were allowed to select more than 1 setting, percentages add to >100%