

## **Appendix 1** Search strategy [posted as supplied by author]

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Studies	((randomized controlled trial [pt] OR controlled clinical trial [pt] OR randomized controlled trials [mh] OR random allocation [mh] OR double-blind method [mh] OR single-blind method [mh] OR clinical trial [pt] OR clinical trials [mh] OR (“clinical trial” [tw]) OR ((singl* [tw] OR doubl* [tw] OR trebl* [tw] OR tripl* [tw]) AND (mask* [tw] OR blind* [tw]))) OR (“latin square” [tw]) OR placebos [mh] OR placebo* [tw] OR random* [tw] OR research design [mh:noexp] OR comparative study[pt] OR evaluation studies[pt] OR follow-up studies [mh] OR prospective studies [mh] OR cross-over studies [mh] OR control* [tw] OR control[tw] OR controlled[tw] OR controled[tw] OR controls[tw] OR prospectiv* [tw] OR volunteer* [tw]) NOT (animal [mh] NOT human [mh]))
Location	(ankle OR talocrural OR (anterior AND talofibular AND ligament) OR (posterior AND talofibular AND ligament) OR (calcaneofibular AND ligament) OR (lateral AND ligament AND complex))
Injury	(ankle OR talocrural OR (anterior AND talofibular AND ligament) OR (posterior AND talofibular AND ligament) OR (calcaneofibular AND ligament) OR (lateral AND ligament AND complex)) AND (inversion OR sprain OR strain OR rupture OR injur* OR distortion)
Treatment	(training OR therapy OR treatment OR rehabilitation OR exercise OR physiotherapy OR (early AND mobilisation))

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