

19. Extrinsic Injuries/Diseases**Reference**

Takeda N. Conservative therapy for fresh lateral ligament injury of the ankle joint – Comparison of a Western medicine and a Kampo medicine for pain and swelling*. *Kampo to Rinsho (Journal of Kampo Medicine)* 2010; 1: 128–32 (in Japanese). Ichushi Web ID: 2010218384

1. Objectives

To evaluate the efficacy of a Western medicine and a Kampo medicine (jidabokuippo [治打撲一方]) for pain and swelling after a fresh and isolated anterior talofibular ligament (ATFL) grade III injury.

2. Design

Randomized controlled trial (RCT).

3. Setting

One orthopedic clinic, Japan.

4. Participants

Thirty-five outpatients with grade III fresh ATFL isolated injury who received conservative therapy from April 2008 to March 2009.

5. Intervention

Treatment lasted approximately two weeks.

Arm 1: TSUMURA Jidabokuippo (治打撲一方) Extract Granules 2.5–7.5 g/day (n=17 [17 legs]).

Arm 2: loxoprofen sodium 60–180 mg/day (n=18 [18 legs]).

The dose was calculated per kg of body weight.

6. Main outcome measures

Pain (visual analogue scale [VAS]), swelling (average circumference at 5-cm centrally and peripherally from the ATFL rupture site).

7. Main results

Of 17 patients in arm 1, the pain had resolved within three weeks of trauma in 11 patients, within four weeks in 4, within six weeks in 1, and within 12 weeks in 1, and of 18 patients in arm 2, within three weeks in 12, within four weeks in 2, within six weeks in 2, and within 12 weeks in 2. The swelling had resolved within three weeks in 12 patients, within four weeks in 2, within six weeks in 2, and within 12 weeks in 1 in arm 1 and within three weeks in 9, within four weeks in 4, within six weeks in 3, and within 12 weeks in 2 in arm 2. A tendency toward earlier resolution of swelling was found in arm 1 at 2 weeks after trauma, and eventually disappeared.

8. Conclusions

The efficacy of the Western medicine and the Kampo medicine (jidabokuippo) for pain and swelling in grade III fresh ATFL isolated injury is comparable. The jidabokuippo treatment tends to resolve swelling earlier.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

Clinical testing was not carried out and there were no adverse events.

11. Abstractor's comments

This paper is clinically significant because it compares the efficacy of loxoprofen sodium with that of jidabokuippo for pain and swelling in grade III fresh ATFL isolated injury in an RCT. Unfortunately, statistical analysis between groups was not sufficiently powerful to distinguish between the groups. However, from the viewpoint of primary care for grade III fresh lateral ligament injury of the ankle joint, the results of this paper are clinically quite significant, and further clinical study is anticipated.

12. Abstractor and date

Kogure T, 6 January 2011, 31 December 2013.