**Haywards Heath Research Hub**

The next meeting of the Haywards Heath research hub will take place on Wednesday 2nd December from 7-9pm. The papers to be discussed at the meeting are listed below.

[Rao S](http://www.ncbi.nlm.nih.gov/pubmed/?term=Rao%20S%5BAuthor%5D&cauthor=true&cauthor_uid=22867931), [Riskowski JL](http://www.ncbi.nlm.nih.gov/pubmed/?term=Riskowski%20JL%5BAuthor%5D&cauthor=true&cauthor_uid=22867931), [Hannan MT](http://www.ncbi.nlm.nih.gov/pubmed/?term=Hannan%20MT%5BAuthor%5D&cauthor=true&cauthor_uid=22867931). Musculoskeletal conditions of the foot and ankle: assessments and treatment options. [Best Pract Res Clin Rheumatol.](http://www.ncbi.nlm.nih.gov/pubmed/22867931) 2012;26(3):345-68.

<http://www.ncbi.nlm.nih.gov/pubmed/22867931>

[De Kleijn P](http://www.ncbi.nlm.nih.gov/pubmed/?term=De%20Kleijn%20P%5BAuthor%5D&cauthor=true&cauthor_uid=21457409), [Fischer K](http://www.ncbi.nlm.nih.gov/pubmed/?term=Fischer%20K%5BAuthor%5D&cauthor=true&cauthor_uid=21457409), [Vogely HCh](http://www.ncbi.nlm.nih.gov/pubmed/?term=Vogely%20HCh%5BAuthor%5D&cauthor=true&cauthor_uid=21457409), [Hendriks C](http://www.ncbi.nlm.nih.gov/pubmed/?term=Hendriks%20C%5BAuthor%5D&cauthor=true&cauthor_uid=21457409), [Lindeman E](http://www.ncbi.nlm.nih.gov/pubmed/?term=Lindeman%20E%5BAuthor%5D&cauthor=true&cauthor_uid=21457409). In-hospital rehabilitation after multiple joint procedures of the lower extremities in haemophilia patients: clinical guidelines for physical therapists. [Haemophilia.](http://www.ncbi.nlm.nih.gov/pubmed/21457409) 2011;17(6):971-8.

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[Rao S](http://www.ncbi.nlm.nih.gov/pubmed/?term=Rao%20S%5BAuthor%5D&cauthor=true&cauthor_uid=20019616), [Ellis SJ](http://www.ncbi.nlm.nih.gov/pubmed/?term=Ellis%20SJ%5BAuthor%5D&cauthor=true&cauthor_uid=20019616), [Deland JT](http://www.ncbi.nlm.nih.gov/pubmed/?term=Deland%20JT%5BAuthor%5D&cauthor=true&cauthor_uid=20019616), [Hillstrom H](http://www.ncbi.nlm.nih.gov/pubmed/?term=Hillstrom%20H%5BAuthor%5D&cauthor=true&cauthor_uid=20019616). Nonmedicinal therapy in the management of ankle arthritis. [Curr Opin Rheumatol.](http://www.ncbi.nlm.nih.gov/pubmed/20019616) 2010;22(2):223-8.

<http://www.ncbi.nlm.nih.gov/pubmed/20019616>

[Luciani D](http://www.ncbi.nlm.nih.gov/pubmed/?term=Luciani%20D%5BAuthor%5D&cauthor=true&cauthor_uid=19067120), [Cadossi M](http://www.ncbi.nlm.nih.gov/pubmed/?term=Cadossi%20M%5BAuthor%5D&cauthor=true&cauthor_uid=19067120), [Tesei F](http://www.ncbi.nlm.nih.gov/pubmed/?term=Tesei%20F%5BAuthor%5D&cauthor=true&cauthor_uid=19067120), [Chiarello E](http://www.ncbi.nlm.nih.gov/pubmed/?term=Chiarello%20E%5BAuthor%5D&cauthor=true&cauthor_uid=19067120), [Giannini S](http://www.ncbi.nlm.nih.gov/pubmed/?term=Giannini%20S%5BAuthor%5D&cauthor=true&cauthor_uid=19067120).

Viscosupplementation for grade II osteoarthritis of the ankle: a prospective study at 18 months' follow-up. [Chir Organi Mov.](http://www.ncbi.nlm.nih.gov/pubmed/19067120) 2008;92(3):155-60.

<http://www.ncbi.nlm.nih.gov/pubmed/19067120>

[van den Bekerom MP](http://www.ncbi.nlm.nih.gov/pubmed/?term=van%20den%20Bekerom%20MP%5BAuthor%5D&cauthor=true&cauthor_uid=23108678), [Kerkhoffs GM](http://www.ncbi.nlm.nih.gov/pubmed/?term=Kerkhoffs%20GM%5BAuthor%5D&cauthor=true&cauthor_uid=23108678), [McCollum GA](http://www.ncbi.nlm.nih.gov/pubmed/?term=McCollum%20GA%5BAuthor%5D&cauthor=true&cauthor_uid=23108678),  et al.

Management of acute lateral ankle ligament injury in the athlete. [Knee Surg Sports Traumatol Arthrosc.](http://www.ncbi.nlm.nih.gov/pubmed/23108678) 2013;21(6):1390-5. <http://www.ncbi.nlm.nih.gov/pubmed/23108678>

[van den Bekerom MP](http://www.ncbi.nlm.nih.gov/pubmed/?term=van%20den%20Bekerom%20MP%5BAuthor%5D&cauthor=true&cauthor_uid=22889660), [Struijs PA](http://www.ncbi.nlm.nih.gov/pubmed/?term=Struijs%20PA%5BAuthor%5D&cauthor=true&cauthor_uid=22889660), [Blankevoort L](http://www.ncbi.nlm.nih.gov/pubmed/?term=Blankevoort%20L%5BAuthor%5D&cauthor=true&cauthor_uid=22889660), et al. What is the evidence for rest, ice, compression, and elevation therapy in the treatment of anklesprains in adults? [J Athl Train.](http://www.ncbi.nlm.nih.gov/pubmed/22889660) 2012;47(4):435-43. <http://www.ncbi.nlm.nih.gov/pubmed/22889660>

[Akbari M](http://www.ncbi.nlm.nih.gov/pubmed/?term=Akbari%20M%5BAuthor%5D&cauthor=true&cauthor_uid=17436168), [Karimi H](http://www.ncbi.nlm.nih.gov/pubmed/?term=Karimi%20H%5BAuthor%5D&cauthor=true&cauthor_uid=17436168), [Farahini H](http://www.ncbi.nlm.nih.gov/pubmed/?term=Farahini%20H%5BAuthor%5D&cauthor=true&cauthor_uid=17436168), [Faghihzadeh S](http://www.ncbi.nlm.nih.gov/pubmed/?term=Faghihzadeh%20S%5BAuthor%5D&cauthor=true&cauthor_uid=17436168). Balance problems after unilateral lateral ankle sprains.

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[Gugel MR](http://www.ncbi.nlm.nih.gov/pubmed/?term=Gugel%20MR%5BAuthor%5D&cauthor=true&cauthor_uid=16790541), [Johnston WL](http://www.ncbi.nlm.nih.gov/pubmed/?term=Johnston%20WL%5BAuthor%5D&cauthor=true&cauthor_uid=16790541). Osteopathic manipulative treatment of a 27-year-old man after anterior cruciate ligamentreconstruction. [J Am Osteopath Assoc.](http://www.ncbi.nlm.nih.gov/pubmed/16790541) 2006;106(6):346-9.

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[van Rijn RM](http://www.ncbi.nlm.nih.gov/pubmed/?term=van%20Rijn%20RM%5BAuthor%5D&cauthor=true&cauthor_uid=20978065), [van Ochten J](http://www.ncbi.nlm.nih.gov/pubmed/?term=van%20Ochten%20J%5BAuthor%5D&cauthor=true&cauthor_uid=20978065), [Luijsterburg PA](http://www.ncbi.nlm.nih.gov/pubmed/?term=Luijsterburg%20PA%5BAuthor%5D&cauthor=true&cauthor_uid=20978065), et al. Effectiveness of additional supervised exercises compared with conventional treatment alone in patients with acute lateral ankle sprains: systematic review. [BMJ.](http://www.ncbi.nlm.nih.gov/pubmed/20978065) 2010;341:c5688.

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