

Kavlak Y, Uygur F. Effects of nerve mobilization exercise as an adjunct to the conservative treatment for patients with tarsal tunnel syndrome. J Manipulative Physiol Ther. 2011;34(7):441-8.

Design: randomized clinical trial

Purpose of study: to investigate the contribution of nerve mobilization exercises to outcome measures for the conservative treatment of tarsal tunnel syndrome

Reasons not to cite as evidence:

- The study is preliminary in nature and is the first RCT of its kind, and has only 28 patients
- There are seven outcomes, but which one is primary is not specified
- Most of the outcomes were similar between groups, but there were statistically significant differences for the nerve mobilization group for 2 point discrimination and light touch and Tinel sign, but not for pain and range of motion and strength
- The outcome assessor was not blinded, and the risk of bias is high even for the outcomes which were statistically different between groups