Table 1. Result of modified Delphi Round 1

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | No Opinion | Agree | Strongly Agree | Percentage of Agreement (≥ 75% = consensus) |
| **Subjective Assessment** | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 4 (30.8%) | 9 (69.2%) | 100 |
| Mechanism of injury | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 6 (46.2%) | 7 (53.8%) | 100 |
| Pain | 0 (0.0%) | 0 (0.0%) | 1 (7.7%) | 6 (46.2%) | 6 (46.2%) | 92.4 |
| Swelling at time of injury | 0 (0.0%) | 0 (0.0%) | 3 (23.1%) | 8 (61.5%) | 2 (15.4%) | 76.9 |
| Hotness | 0 (0.0%) | 1 (7.7%) | 6 (46.2%) | 6 (46.2%) | 0 (0.0%) | 46.2 |
| Discoloration | 0 (0.0%) | 2 (15.4%) | 1 (7.7%) | 7 (53.8%) | 3 (23.1%) | 76.9 |
| Weight-bearing status at time of injury | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 3 (23.1%) | 8 (61.5%) | 84.6 |
| Weight-bearing status at clinical presentation | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 3 (23.1%) | 10 (76.9%) | 100 |
| History of previous lateral ankle sprain injury | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 11 (84.6%) | 100 |
| History of previous lower limb injury | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 6 (46.2%) | 5 (38.5%) | 84.6 |
| History of other injuries | 0 (0.0%) | 1 (7.7%) | 4 (30.8%) | 5 (38.5%) | 3 (23.1%) | 61.6 |
| Medical history | 0 (0.0%) | 1 (7.7% | 3 (23.1%) | 7 (53.8%) | 2 (15.4%) | 69.2 |
| Physical activity level | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 3 (23.1%) | 8 (61.5%) | 84.6 |
| Occupation | 0 (0.0%) | 0 (0.0%) | 4 (30.8%) | 7 (53.8%) | 2 (15.4%) | 69.2 |
| **Patient Reported Outcome Measures** | 0 (0.0%) | 0 (0.0%) | 3 (21.3%) | 5 (38.5%) | 5 (38.5%) | 77 |
| **Diagnostic Imaging** | 0 (0.0%) | 4 (30.8%) | 4 (30.8%) | 4 (30.8%) | 1 (7.7%) | 38.5 |
| X-Ray | 0 (0.0%) | 4 (30.8%) | 7 (53.8%) | 2 (15.4%) | 0 (0.0%) | 15.4 |
| MRI | 1 (7.7%) | 7 (53.8%) | 3 (23.1%) | 2 (15.4%) | 0 (0.0%) | 15.4 |
| Ultrasound | 2 (15.4%) | 3 (23.1%) | 5 (38.5%) | 3 (23.1%) | 0 (0.0%) | 23.1 |
| **Objective Assessment** |  |  |  |  |  |  |
| **Palpating Bones** | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 11 (84.6%) | 100 |
| Posterior edge of the tibia | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 3 (23.1%) | 8 (61.5%) | 84.6 |
| Tip of the medial malleolous | 0 (0.0%) | 1 (7.7%) | 4 (30.8%) | 1 (7.7%) | 7 (53.8%) | 61.5 |
| Posterior edge of the fibula | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 4 (30.8%) | 9 (69.2%) | 100 |
| Tip of the lateral malleolous | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 3 (23.1%) | 8 (61.5%) | 84.6 |
| Base of the 5th metatarsal | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 4 (30.8%) | 7 (53.8%) | 84.6 |
| Navicular | 0 (0.0%) | 0 (0.0%) | 5 (38.5%) | 1 (7.7%) | 7 (53.8%) | 61.5 |
| **Ligamentous Integrity** | 0(0.0%) | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 11 (84.6%) | 100 |
| Anterior talofibular ligament | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 3 (23.1%) | 10 (76.9%) | 100 |
| Clcaneofibular ligament | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 4 (30.8%) | 9 (69.2%) | 100 |
| Posterior talofibular ligament | 0 (0.0%) | 3 (23.1%) | 5 (38.5%) | 2 (15.4%) | 3 (23.1%) | 38.5 |
| Syndesmosis ligaments | 0 (0.0%) | 0 (0.0%) | 1 (7.7%) | 5 (38.5%) | 7 (53.8%) | 92.3 |
| **Range of Motion** | 0 (0.0%) | 2 (15.4%) | 0 (0.0%) | 3 (23.1%) | 8 (61.5%) | 84.6 |
| Active dorsiflexion | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 5 (38.5%) | 6 (46.2%) | 84.6 |
| Active plantar flexion | 0 (0.0%) | 2 (15.4%) | 1 (7.7%) | 6 (46.2%) | 4 (30.8%) | 77 |
| Active inversion | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 7 (53.8%) | 4 (30.8%) | 84.6 |
| Active eversion | 0 (0.0%) | 1 (7.7%) | 0 (0.0%) | 8 (61.5%) | 4 (30.8%) | 92.3 |
| Passive dorsiflexion | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 3 (23.1%) | 8 (61.5%) | 84.6 |
| Passive plantar flexion | 0 (0.0%) | 2 (15.4%) | 2 (15.4%) | 6 (46.2%) | 3 (23.1%) | 69.2 |
| Passive inversion | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 7 (53.8%) | 4 (30.8%) | 84.6 |
| Passive eversion | 0 (0.0%) | 1 (7.7%) | 2 (15.4%) | 7 (53.8%) | 3 (23.1%) | 77 |
| Mobility of the first ray | 1 (7.7%) | 2 (15.4%) | 4 (30.8%) | 5 (38.5%) | 1 (7.7%) | 46.2 |
| **Arthrokinematics of the Ankle Joint** | 0 (0.0%) | 0 (0.0%) | 3 (23.1%) | 4 (30.8%) | 6 (46.2%) | 77 |
| Antero-posterior glide of inferior tibiofibular joint | 0 (0.0%) | 0 (0.0%) | 5 (38.5%) | 6 (46.2%) | 2 (15.4%) | 61.5 |
| Postero-anterior glide of the inferior tibiofibular joint | 1 (7.7%) | 0 (0.0%) | 4 (30.8%) | 6 (46.2%) | 2 (15.4%) | 61.5 |
| Antero-posterior glide of the superior tibiofibular Joint | 0 (0.0%) | 1 (7.7%) | 5 (38.5%) | 6 (46.2%) | 1 (7.7%) | 53.8 |
| Postero-anterior glide of the superior tibiofibular joint | 1 (7.7%) | 0 (0.0%) | 4 (30.8%) | 6 (46.2%) | 2 (15.4%) | 61.5 |
| Antero-posterior glide of the talus | 0 (0.0%) | 0 (0.0%) | 3 (23.1%) | 3 (23.1%) | 7 (53.8%) | 77 |
| **Lower Extremity Muscles Assessment** | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 8 (61.5%) | 3 (23.1%) | 84.6 |
| Palpation of the muscles of the ankle joint | 0 (0.0%) | 2 (15.4%) | 2 (15.4%) | 5 (38.5%) | 4 (30.8%) | 69.2 |
| Palpation of the intrinsic foot muscles | 0 (0.0%) | 5 (38.5%) | 3 (23.1%) | 4 (30.8%) | 1 (7.7%) | 38.5 |
| Length testing of the muscles of the ankle joint | 1 (7.7%) | 2 (15.4%) | 4 (30.8%) | 4 (30.8%) | 2 (15.4%) | 61.5 |
| Strength testing of the muscles of the ankle joint | 0 (0.0%) | 0 (0.0%) | 1 (8.3%) | 7 (58.3%) | 4 (33.3%) | 91.7 |
| **Assessment of Nerves** | 1 (7.7%) | 2 (15.4%) | 4 (30.8%) | 5 (38.5%) | 1 (7.7%) | 46.2 |
| Palpation of lower extremity nerves | 2 (15.4%) | 3 (23.1%) | 6 (46.2%) | 2 (15.4%) | 0 (0.0%) | 15.4 |
| Lower limb neurodynamics testing | 1 (7.7%) | 4 (30.8%) | 5 (38.5%) | 2 (15.4%) | 1 (7.7%) | 23.1 |
| **Sensorimotor Function** | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 1 (7.7%) | 10 (76.9%) | 84.6 |
| Static postural balance | 0 (0.0%) | 2 (15.4%) | 2 (15.4%) | 3 (23.1%) | 6 (46.2%) | 69.2 |
| Dynamic postural balance | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 2 (15.4%) | 9 (69.2%) | 84.6 |
| Proprioception | 0 (0.0%) | 3 (23.1%) | 3 (23.1%) | 4 (30.8%) | 3 (23.1%) | 53.8 |
| **Performance Assessment** | 0 (0.0%) | 0 (0.0%) | 1 (7.7%) | 2 (15.4%) | 10 (76.9%) | 92.3 |
| Gait analysis | 0 (0.0%) | 1 (7.7%) | 1 (7.7%) | 8 (61.5%) | 3 (23.1%) | 84.6 |
| Functional performance testing | 0 (0.0%) | 0 (0.0%) | 2 (15.4%) | 3 (23.1%) | 8 (61.5%) | 84.6 |