

Effectiveness of a closed-basket weave ankle tape in reducing ankle range of motion and improving dynamic balance: a pilot study

Brooke Deeringer, Nicholas Grahovec, MS, ATC, CSCS

Abstract

Context: Ankle injuries are one of the most common injuries amongst the active adult population. Previous research has shown that ankle taping is an effective intervention for treating ankle sprains. However, no authors have compared this intervention to a sham intervention to rule out the possibility that the results are due to increased kinesthetic awareness or increased sensory response due to taping.

Objective: To evaluate the effectiveness of a closed-basket weave ankle taping in limiting range of motion (ROM) and improving dynamic balance during a performance assessment.

Design: Randomized Controlled trial

Setting: Exercise physiology lab

Patients or Other Participants: 10, 18-35-year-old active adults; 5 males and 5 females. 6 received the closed-basketweave taping intervention and 4 received the sham ankle tape

Intervention(s): Each participant will wear either the closed-basket weave tape or the sham tape. ROM and balance will be assessed several times throughout the study.

Methods and Measures: Ankle ROM will be measured for inversion, eversion, plantar flexion, and dorsiflexion. Balance will be measured using the Y-Balance test. All measurements will be taken for: baseline, post-intervention, and at 5-minute intervals during the performance assessment.