

ESTIMATE THE EFFICACY OF TAPING AND SEMIRIGID BRACE ON SUBJECTS WITH UNILATERAL CHRONIC ANKLE INSTABILITY

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ABSTRACT

The ankle joint is one of the most frequently injured anatomical site for individuals who participate in recreational and sports activities. It has been established that one million people encounter acute ankle injuries every year. Acute ankle sprain occurs during dynamic movement particularly in rapidly changing directions.² After initial injury, the rate of reoccurrence of ankle injury may be as high as 80% among individuals.^{3,4} Practice of taping and bracing to injured ankle is used to prevent further injury by restriction of range of motion among sports medicine clinicians.¹²

The purpose of this study was to compare the effect of commercially available semirigid ankle brace with ankle taping on dynamic balance and functional restraint in subjects with unilateral chronic ankle instability.

KEYWORDS: Ankle Injuries, Semirigid Ankle Brace, Ankle Taping, Chronic Ankle Instability