

The efficacy of kinesiology tape on subjective and dynamic ankle stability in male international futsal players

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Introduction and supporting literature

- Greater injury risk than football
- 195.6 injuries per 1000 player hours
- Ankle ligament sprains are the second most common injury
- Kinesiology tape able to improve proprioception and neuromuscular control(?)
- Conflictive evidence amongst research







Hypotheses

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The application of kinesiology tape to musculature surrounding the talocrural joint will increase proprioceptive feedback, improving dynamic stability and perceived stability

Null Hypotheses
The application of kinesiology tape to musculature surrounding the talocrural joint will result in no significant difference in dynamic or perceived stability compared with a non-intervention control group

Protocol

- 3-point Star Excursion Balance Test (SEBT)
- Standardised, reliable and valid protocol from peer-reviewed literature
- Modified Cumberland ankle instability tool (CAIT) questionnaire
- Completed by all participants

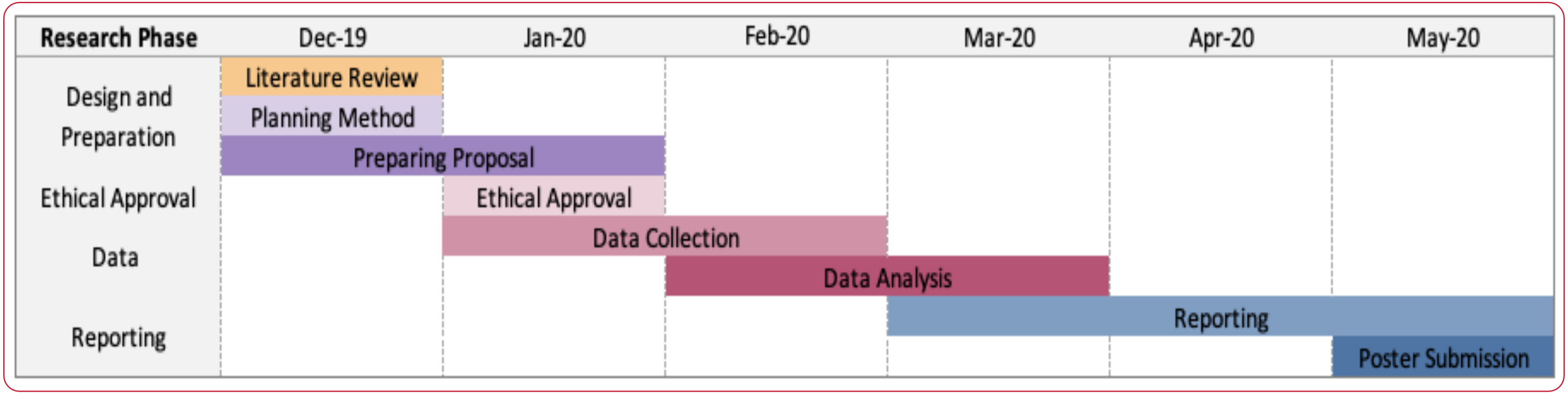







Protocol

- Four-strip tape application
- Anatomical markers used for measurement and application points
- Reassess SEBT and CAIT questionnaire following a training session



Data Analysis

- Independent and dependent variables
- ANOVA to establish difference between intervention and control SEBT measures
- T-test to establish CAIT outcome differences between groups
- Expected timescale

Ethical considerations

- Risk assessment
- Up to date medicals
- Participant information
- Data sharing and storage
- Low risk of injury
- Signed consent prior to participation
- Patch test

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