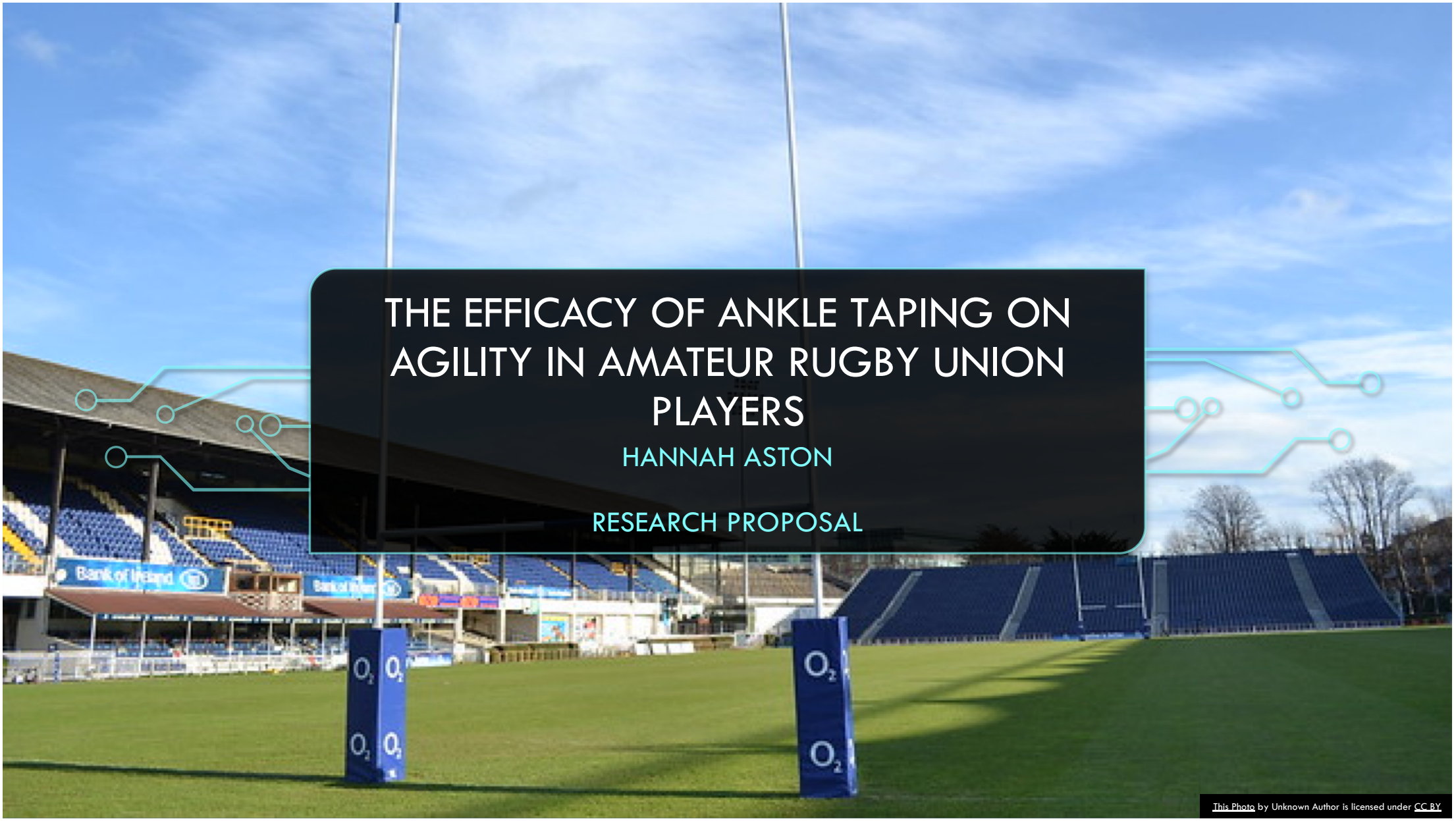


THE EFFICACY OF ANKLE TAPING ON AGILITY IN AMATEUR RUGBY UNION PLAYERS

HANNAH ASTON

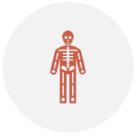
RESEARCH PROPOSAL

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RATIONALE FOR RESEARCH



The risk of ankle injuries is prevalent during sporting activities



Ankle ligament injuries account 15% of all athletic injuries, injury to the lateral ligament complex accounts for 85%



73% of athletes suffering from recurrent lateral ankle sprains



Common practise when returning an athlete to play, is the application of external ankle support



Following applications of tape, incidences of lateral ankle sprains reduce

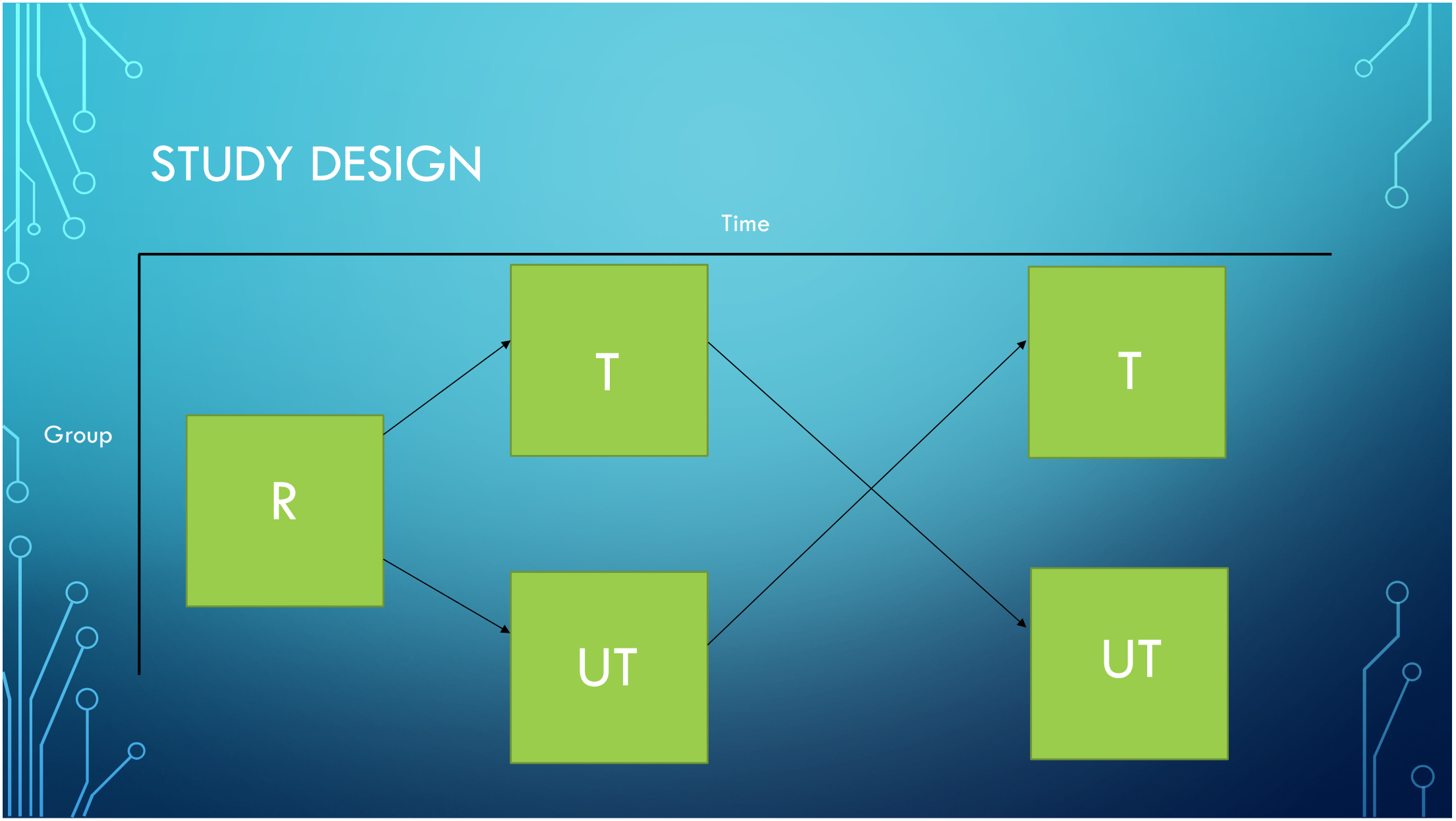


Application of ankle tape may improve an athlete's proprioception

HYPOTHESIS:

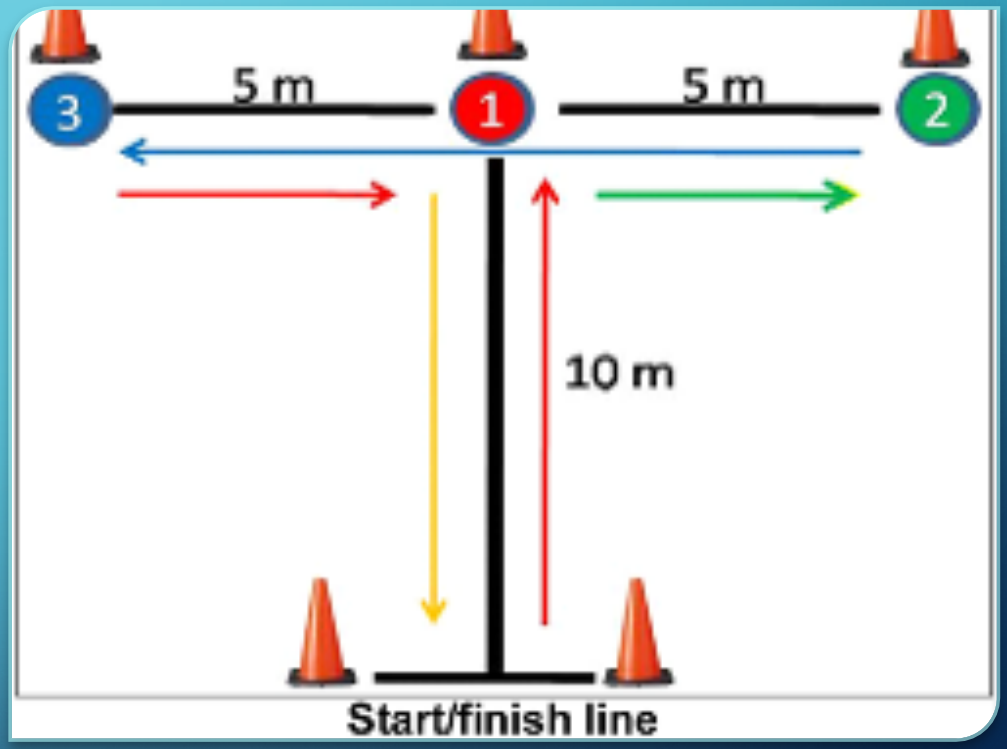
FOLLOWING APPLICATION OF ANKLE TAPE THE ATHLETE'S PROPRIOCEPTION WILL IMPROVE, IMPROVING THEIR AGILITY TEST SCORE

STUDY DESIGN



PROTOCOL

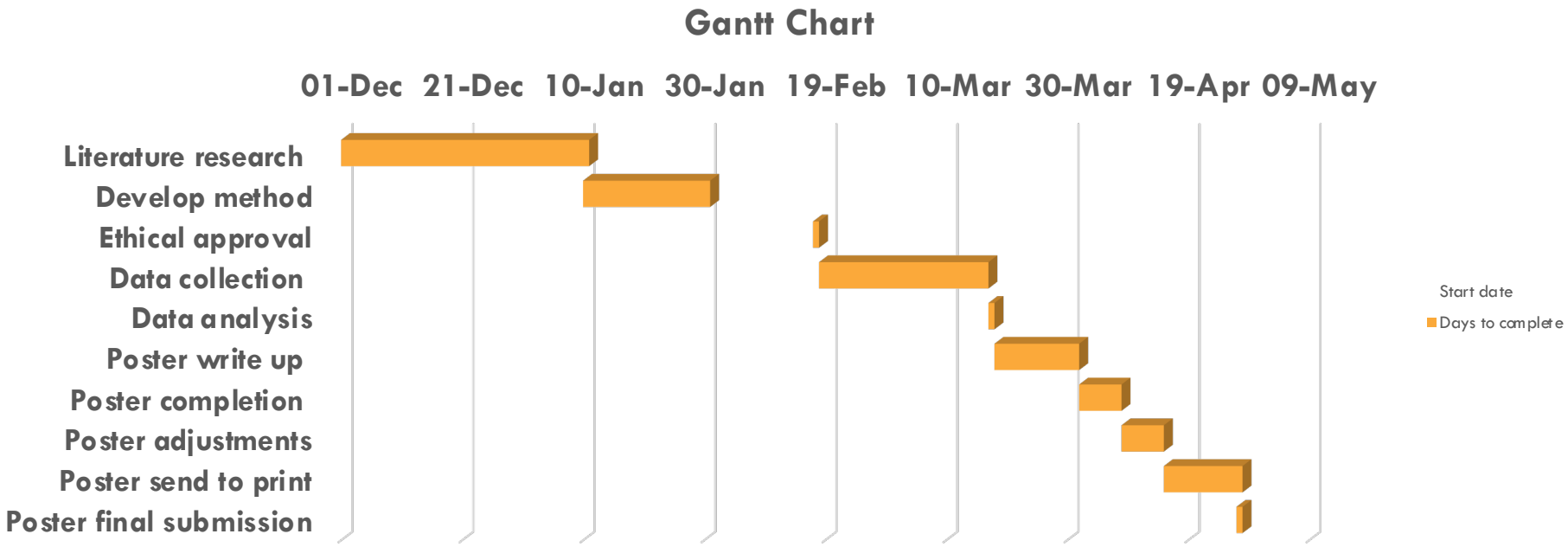
- Agility T-Test
- 10x10 metre course that requires the participant to run forwards, backwards and side to side
- Participant will complete the course on two occasion under two different conditions
- Dependent variable
- Reliable and valid measure of agility



PROTOCOL

- Tape will be applied using a standard closed–basket-weave technique
- The tape will be the intervention and independent variable





DATA ANALYSIS

PAIRED SAMPLE T-TEST

ETHICAL CONSIDERATIONS AND LIMITATIONS

- Allergic reactions to application of tape
- Risk of injury during completion of designed test
- Risk of delayed onset of muscle soreness
- Consideration of participants' mental well being
- Consistent application of tape
- Use of healthy participants
- Sample size of the study - will the study be adequately powered to detect hypothesized changes?
- Experience and reliability of the researcher's use of testing methods

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