

# The Effects of Ankle Taping on Performance in Varsity Athletes

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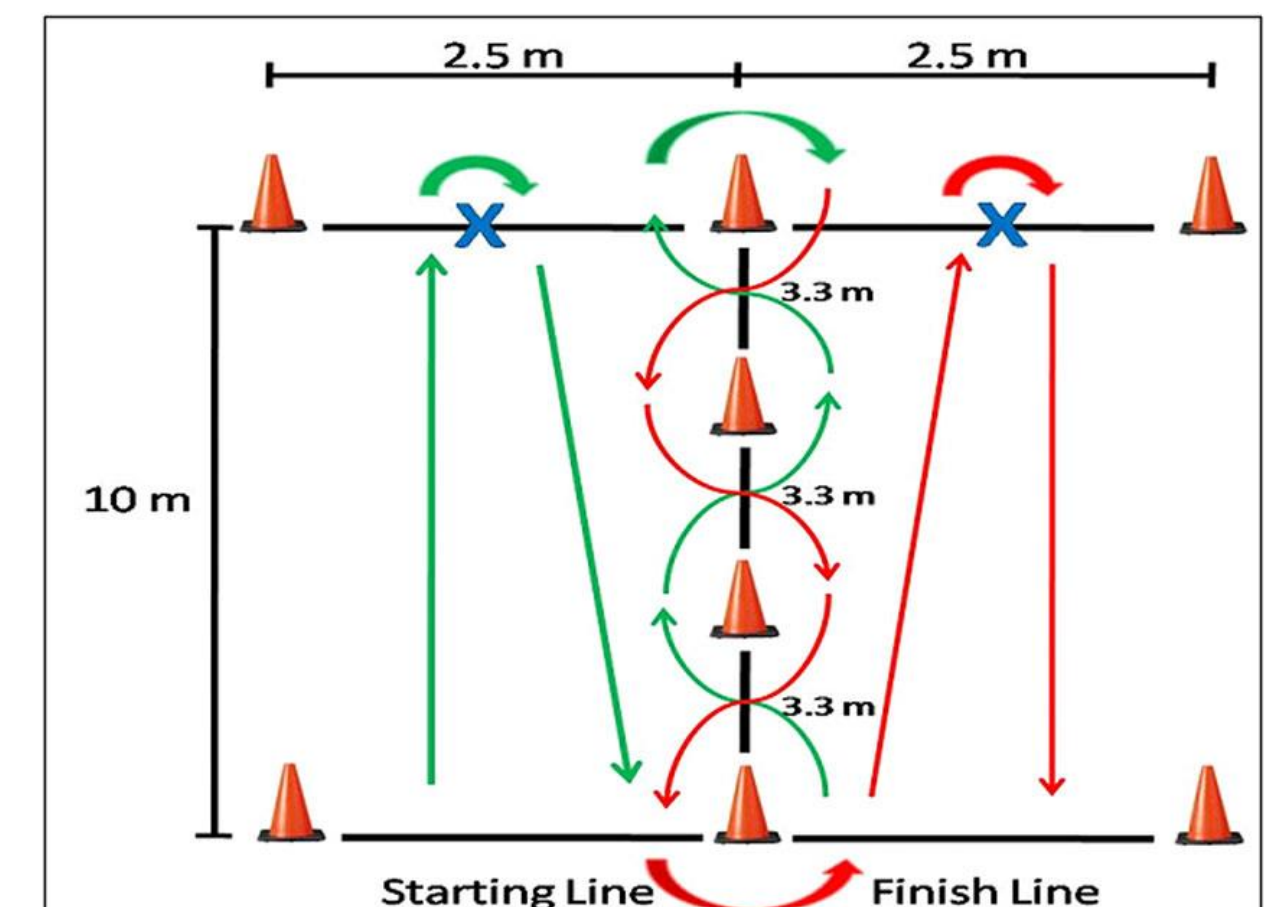
## Background



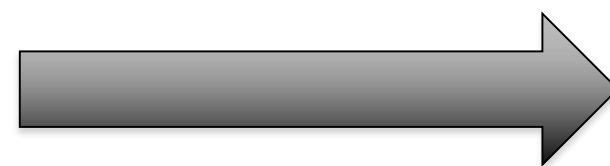
## Purpose

- ❖ Injuries are unavoidable in varsity sports. As a research team, we taped the ankles of current varsity athletes and ran them through a series of tests. These test included the vertical jump, broad jump and the Illinois agility test. We wanted to measure whether or not ankle tape improved or hurt an athletes performance in their respected field.

- ❖ The purpose of the study was to determine the effects of ankle taping on skill-related fitness performance amongst NCAA Division II athlete's. The hypothesis was that vertical jump, standing broad jump, and Illinois agility test performance would increase when the participants ankles were taped.



## Methods



## Results

- ❖ Eight varsity collegiate athletes (softball, hockey, baseball) with no current ankle injuries were recruited for this study. Participants performed a vertical jump, broad jump, and the Illinois agility test with and without ankle taping. We compared and contrasted the difference between performance with and without ankle tape.

Test	Without Tape $M \pm SD$	With Tape $M \pm SD$	$P$
Vertical Jump	$27.6 \pm 4.5$	$26.2 \pm 4.0$	.001
Broad Jump	$88.9 \pm 13.3$	$87.77 \pm 12.7$	.130
Illinois Agility Test	$14.24 \pm 1.3$	$14.41 \pm 1.4$	.573

## Conclusion

- ❖ After testing we found our hypothesis to be false.
- ❖ Ankle taping did not effect performance in the broad jump or in the Illinois agility test.
- ❖ Vertical jump performance was significantly higher in participants without ankle tape.