

EFFECTIVENESS OF KINESIO TAPING ALONG WITH STRENGTHENING EXERCISES ON PAIN AND ANKLE STABILITY AMONG SOCCER PLAYERS FOR GRADE 2 LATERAL ANKLE SPRAIN

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ABSTRACT

Background of the Study: Ankle sprain is the common musculo skeletal injury in sports. It is due to inversion of a supinated plantar flexed foot. When roll, twist or turn the ankle leads to stretch or tear the ligament. It is caused by falls (ankle twist) poor landing during jumping, playing.

Objectives: The study's primary objective was to find out the effectiveness of multiple therapeutic interventions consisting of kinesio taping and strengthening exercises on lateral ankle sprain subjects.

Subjects and Methods: A Pre-test and post-test simple experimental study design was used. A criteria-based convenient sampling was used to recruit patients (N=15) diagnosed with lateral ankle sprain. A single group was exposed to kinesio taping and strengthening exercises for the period of 8 weeks. The effectiveness of treatment was measured through Foot and Ankle Disability Index Scale and Sports Module and visual analog scale. The paired 't' test was employed to study treatment effectiveness. A p-value \leq 0.05 was considered significant.

Result: The group which was exposed to the treatment of kinesio taping and strengthening exercises showed a better reduction of pain (Pre and post-test mean difference 5.5 and 1.86) in the VAS and improvement in functional performance (pre and post test mean difference 41.7 and 85.0) in the Foot and Ankle disability index scale and sports module in soccer players with lateral ankle sprain. So the kinesio taping and strengthening exercises at 0.05 levels of significance.

Conclusion: There is a significant reduction in pain and improvement in functional ability following the application of 8 weeks of kinesio taping and strengthening exercises in lateral ankle sprain subjects.

Clinical Implication: Kinesio taping and strengthening exercises produce a significant effect to manage lateral ankle sprain subjects.

KEYWORDS: *Lateral ankle sprain, Kinesio taping, Strengthening exercises, Foot and Ankle Disability Index and Sports Module, Visual analog scale*

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