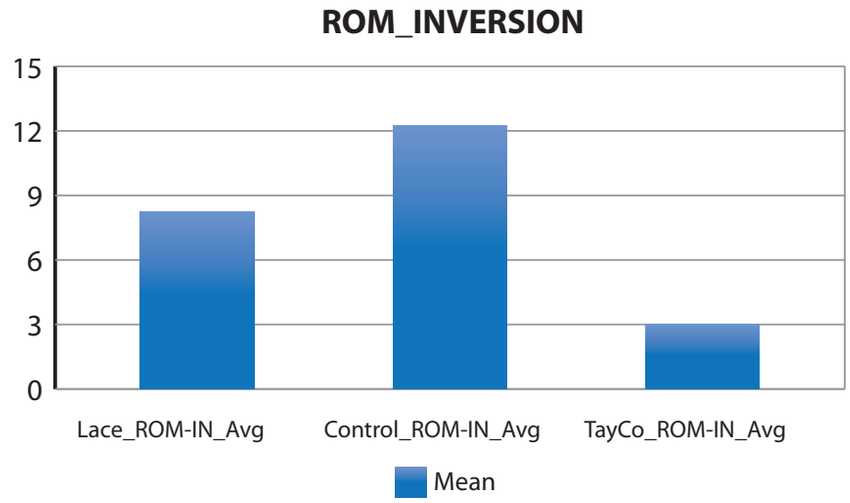
The Effect of the TayCo External Ankle Brace on Multidirectional Reach Distance, Balance, and Flexibility in Collegiate Athletes

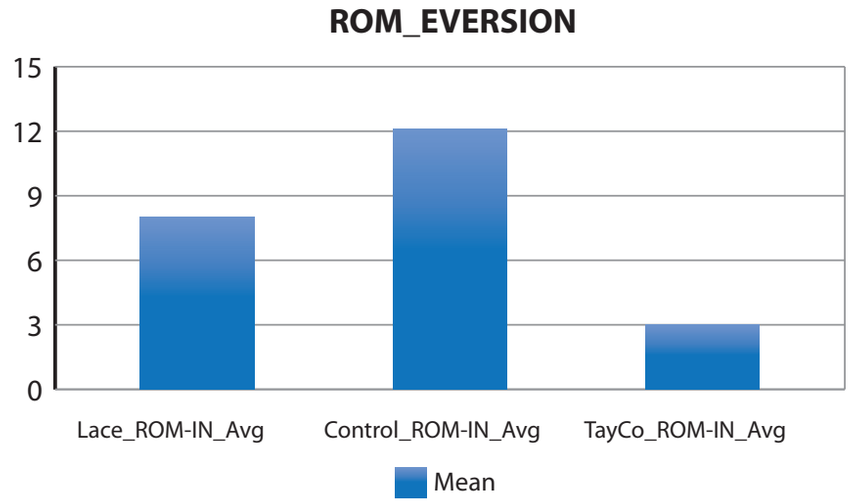
Steve Smith, LAT, ATC; Cameron Powden PhD, LAT, ATC Indiana State University

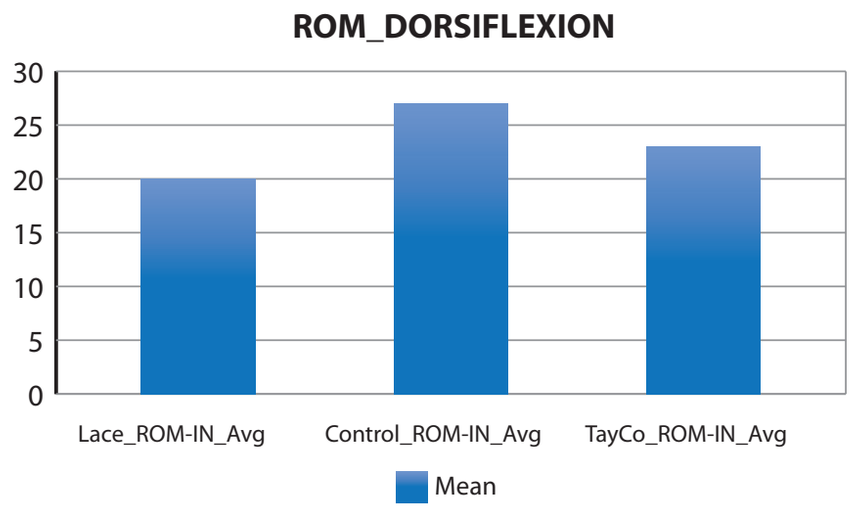
The ROM TayCo External Ankle Brace provides superior stability in inversion and eversion, while allowing for better functional range of motion for a number of athletic performance movements.

Results

The ROM TayCo External Ankle Brace provided 3x the inversion support and 2.5x the eversion support compared to the Internal Brace while allowing more dorsiflexion for active use.







Study

Ankle injuries are a common occurrence in life and sport. It is important to return injured individuals back to normal function as safely as possible. Ankle bracing allows a patient to be functional as they progress through the healing process. This study compares the ROM (Range of Motion) TayCo External Ankle Brace with a leading internal ankle brace.

Crossover study - administering two experimental conditions and one control to all participants, consisting of 20 physically active individuals 18-35

Subjects performed Goniometric ROM, WBLT, Y-Balance, SL Figure 8 Hop Test, SL Lateral Hop Test in 3 bracing conditions (TayCo, Internal Brace, Control)

"The TayCo external ankle brace accomplishes stabilization very effectively and it does so in a new and inventive way. This brace should be considered as an excellent option for use as ankle protection in order to facilitate return to activity." Steve Smith, PhD