

Flex Therapist CEUs

Ankle Sprains - Effects of Kinesiotape Application

1. According to the manufacturers, KT is:

- A. Latex free
 - B. Water resistant
 - C. Able to remain in situ for up to 5 days
 - D. All of the above
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2. All of the following are true with regard to postural control, except for:

- A. There was found to be an increase in static balance with the use of KT compared to no tape for those with unstable ankles.
 - B. There was found to be increased postural control in the medial / lateral plane during the time to bound test after KT application in participants with ankle sprains.
 - C. There was found to be increased postural control in the medial / lateral plane during the time to bound test after KT application in participants without a history of ankle sprain and those who had a history of ankle sprain but report no further dysfunction.
 - D. KT was found to immediately increase postural control in healthy females and healthy rugby players, particularly those who play in the forwards.
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3. KT had no effect on ankle joint stiffness immediately following application or in the short term (24 hours).

- A. True
 - B. False
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4. Compared to rigid tape, KT had a statistically significant, immediate, increase on which of the following in basketball players with CAI?

- A. Plantarflexor muscle endurance
 - B. Peroneus longus muscle strength
 - C. Peroneus brevis muscle endurance
 - D. Extensor digitorum brevis muscle strength
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5. Compared to rigid tape, KT is perceived as:

- A. Increasing plantarflexor endurance.
- B. Providing less stability.
- C. Increasing vertical jump height.

D. All of the above.

6. Healthy participants reported that KT is the most stable form of taping.

- A. True**
 - B. False**
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7. KT increases fibularis longus muscle activity and was found to be effective in improving most measures of postural control in participants with unstable ankles.

- A. True**
 - B. False**
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8. It is recommended that KT could be used in clinical practice to prevent lateral ankle injuries through its effects on postural control, and manage lateral ankle injuries, due to its positive effects on:

- A. Proprioception**
 - B. Muscle endurance**
 - C. Activity performance**
 - D. All of the above**
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