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## **The Effects of the T2 Active Ankle Brace on a Series of Vertical Jumps**

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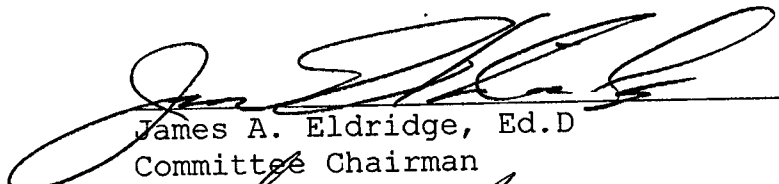


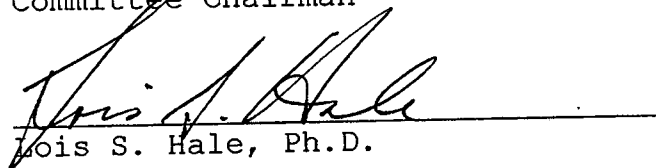
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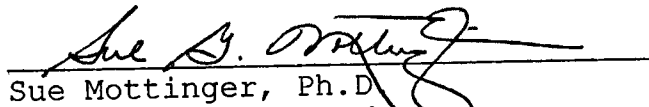
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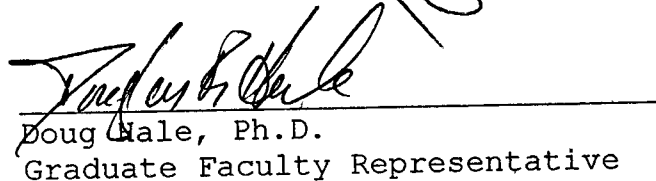
THE EFFECTS OF THE T2 ACTIVE ANKLE BRACE  
ON A SERIES OF VERTICAL JUMPS

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**The effects of the T2 Active Ankle Brace  
on a series of vertical jumps.**

by

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RESEARCH IN KINESIOLOGY

Presented to the faculty of Kinesiology  
The University of Texas of the Permian Basin

In partial fulfillment

Of requirements

For the degree of

MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

August 2002

## Abstract

Ankle bracing and taping have become widely used in recreation and athletics. Various studies have examined the effects of ankle bracing and taping on athletic performance, with mixed results. The T2 Active Ankle was created with the idea of providing a less binding external support system allowing dorsiflexion and plantarflexion, while discouraging inversion and eversion pathomechanics. The purpose of this study was to examine the effects of the T2 Active Ankle upon a series of vertical jumps. The series include the stationary jump, 2-step approach and the facing perpendicular 2-step approach. This series is unique to the researcher; each jump was chosen due to its similarity to the mechanics of the game of volleyball. The study included 13 female collegiate volleyball athletes that volunteered from St. Edward's. A mean vertical jump score was taken from three trials. A t-test with  $p < 0.05$  was completed to determine the significance with and without the brace. The study researched the effects on the brace users in comparison to the brace non-users. In this population sample, there was a decrease in jumping ability in the stationary and facing perpendicular jumps. No difference was noted in the jumps of the brace users and non-users. Users of the T2 Active Ankle should be informed about the possible changes in their jumping

performance along with its capability of prevention ankle injuries, so a logical decision can be made by the user.