

The Effect of Kinesio Ttape Combined with Exercise on Ankle Range of Motion, Agility and Sprint  
in Soccer Athletes

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Abstract

The aim of this study was to investigate the effects of Kinesio tape combined with exercise on the ankle range of motion, agility, and sprint time in soccer athletes. This study was conducted as a true experimental design. Thirty-four healthy male soccer athletes were recruited into the study. Measurements of ankle range of motion, agility using T-test, and 30-meter sprint time were initially made. Afterwards, subjects were randomized into two groups. The control group was given an exercise program of eight different exercises without intervention after a 20-minute break. The intervention group was given the same exercise program of eight different exercises with the application of Kinesio tape to the calf muscles followed by a 20-minute break prior to performing the task. Upon completion, a five-minute break was given before measurements of ankle range of motion, agility using T-test, and 30-meter sprint time were tested again. Sprint time of the intervention group increased decreased significantly when compared with the control group. Independent t-test revealed significant difference ( $p=0.034$ ) between groups in sprint time. The results of the study indicated that the application of Kinesio tape combined with exercise has a positive effect on sprint time in 30-meter sprint.

Keywords: Kinesiotape, Speed, Agility, Soccer athlete