

# The Effects of a Novel Lateral Ankle Strengthening Program in NCAA Division III Football Players

Original Research

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## Abstract

**Introduction:** Lateral ankle sprains (LAS) are among the most reported injuries in college athletics, typically resulting from excessive closed-kinetic chain (CKC) supination. The purpose of this study was to compare the effects of a novel CKC supination-style ankle strengthening program to a traditional ankle strengthening program on common LAS indices.

**Methods:** Thirty NCAA Division III collegiate football players ( $19.9 \pm 1.0$  yrs.,  $182.2 \pm 6.9$  cm,  $98.8 \pm 18.0$  kg) were randomly assigned to a novel exercise (SUP,  $n = 16$ ) or traditional exercise group (TRA,  $n = 14$ ). The SUP group performed dynamic bodyweight exercises with controlled ankle supination while the TRA group performed traditional ankle strengthening exercise using elastic bands and stability exercises 3 times per week for 6 weeks. Right and left ankle inversion (InvR, InvL) and eversion (EvrR, EvrL) strength (kg), ankle inversion range of motion (romR, romL) (deg.), and figure-8 hop test (fig8R, fig8L) (s) performance were assessed pre- and post-intervention.

**Results:** Both groups showed significant improvements in all outcome measures pre- to post-test ( $\Delta$ InvR: TRA  $4.5 \pm 4.3$  kg, SUP  $5.0 \pm 4.4$  kg;  $\Delta$ InvL: TRA  $4.0 \pm 3.8$  kg, SUP  $4.8 \pm 3.6$  kg;  $\Delta$ EvrR: TRA  $5.7 \pm 4.3$  kg, SUP  $4.7 \pm 3.3$  kg;  $\Delta$ EvrL: TRA  $4.7 \pm 2.9$  kg, SUP  $4.5 \pm 2.2$  kg;  $\Delta$ romR: TRA  $4.5 \pm 2.6^\circ$ , SUP  $4.9 \pm 3.0^\circ$ ;  $\Delta$ romL: TRA  $4.7 \pm 4.5^\circ$ , SUP  $4.6 \pm 5.1^\circ$ ;  $\Delta$ fig8R: TRA  $-0.43 \pm 0.20$  s, SUP  $-0.37 \pm 0.31$  s;  $\Delta$ fig8L: TRA  $-0.40 \pm 0.22$  s, SUP  $-0.34 \pm 0.30$  s;  $p$ 's < 0.001), with no difference between groups.

**Conclusions:** A bodyweight, supination style ankle training program can improve physical qualities related to LAS to a similar extent as a traditional program, and therefore, could potentially be a viable alternative strategy for reducing LAS in Division III NCAA football players.

**Key Words:** lower extremity injury, dynamic balance, athletic injuries.

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## Introduction

Ankle injuries are among the most prevalent musculoskeletal injuries reported worldwide<sup>1</sup> with at least one to two ankle sprains per 1000 exposures daily in

Western countries<sup>1,2</sup>. The incidence of ankle injuries is even higher in competitive sports with a reported range of 0.88 to 7 ankle sprains per 1000 exposures, with court sports accounting for the highest<sup>1,3</sup> followed by select field sports. Overall, evidence suggests that ankle sprains account for 20-40% of all athletic injuries. A recent report found that basketball, soccer and football had the highest ankle sprain rates, with football showing the largest proportion of ankle sprains overall<sup>4</sup>. Regarding football, participation in National Collegiate Athletic Association (NCAA) football remains

# Aktpncaa Novel

**Gooding**



## **Aktpncaa Novel:**

**Prized Possessions** Avery Corman, 2013-02-05 DIV College freshman Elizabeth Mason grew up with every advantage but her life is thrown into chaos after a violent encounter divDIV Elizabeth Mason's parents always strived for the best for their daughter sparing no expense on her education and upbringing Now on the verge of her freshman year at prestigious Layton College Elizabeth has grown into a brilliant and compassionate young woman if a little spoiled and naive But when a senior tennis star named Jimmy date rapes her during freshman orientation Elizabeth's once tranquil life is shattered Humiliated and guilt ridden she slips numbly through her first months of college before reporting the assault a decision that launches her on a crusade to bring Jimmy to justice one way or another divDIV divDIV In this powerful and affecting novel Corman explores the devastating repercussions both private and public of campus date rape and the double standards surrounding sexuality for young men and women divDIV divDIV This ebook features an illustrated biography of Avery Corman including rare images from the author's personal collection div **Hellified** Tracy Grant, 2000 *All Lined Up* Cora Carmack, 2014-05-13 New York Times and USA Today bestselling author Cora Carmack follows up her trio of hits *Losing It* *Faking It* and *Finding It* with this thrilling first novel in an explosive series bursting with the Texas flavor edge and steamy romance of *Friday Night Lights* In Texas two things are cherished above all else football and gossip My life has always been ruled by both Dallas Cole loathes football That's what happens when you spend your whole childhood coming in second to a sport College is her time to step out of the bleachers and put the playing field and the players in her past But life doesn't always go as planned As if going to the same college as her football star ex wasn't bad enough her father a Texas high school coaching phenom has decided to make the jump to college ball as the new head coach at Rusk University Dallas finds herself in the shadows of her father and football all over again Carson McClain is determined to go from second string quarterback to the starting line up He needs the scholarship and the future that football provides But when a beautiful redhead literally falls into his life his focus is more than tested It's obliterated Dallas doesn't know Carson is on the team Carson doesn't know that Dallas is his new coach's daughter And neither of them know how to walk away from the attraction they feel **Miracle Road** Emily March, 2014 As their lives come together in Eternity Springs Colorado ex college basketball coach Lucca Romano and schoolteacher Hope Montgomery seek to find peace from their own personal demons *Alma Mater* Rita Mae Brown, 2002 Victoria Vic Savedge is enjoying the perfect romance with football star Charly Harrison until she meets and embarks on a passionate love affair with Chris a beautiful transfer student and is forced to make a difficult choice **The Conquering Heroes** Peter Gent, 1995-03 When a star basketball player at a large university rapes a young coed the athletic department almost succeeds in covering it up until one man decides to fight the powers that be **The Paragon** John Knowles, 1971 After failing Marine Corps boot camp Lou Colfax is looking forward to Yale anything would be an improvement Well it was for the first half hour until he met his roommate If any two people could be more opposite **Kayla Blaze**

Gooding,2015-08-21 The novel is based on an actual case of the kind of persecution American colleges and universities have become known for in the last thirty years or so The instructor who was suspended without pay and nearly fired only retained his position after his case received national exposure The faculty association charged with protecting his rights hung him out to dry apparently as anxious to get rid of him as were his accusers So much for academic freedom **Save!** Michael Judd,2000-09-10 *After We Fell* Anna Todd,2015 Life will never be the same HESSA Just as Tessa makes the biggest decision of her life everything changes Revelations about first her family and then Hardin s throw everything they knew before in doubt and makes their hard won future together more difficult to claim Tessa s life begins to come unglued Nothing is what she thought it was Not her friends Not her family The one person she should be able to rely on Hardin is furious when he discovers the massive secret she s been keeping And rather than being understanding he turns to sabotage Tessa knows Hardin loves her and will do anything to protect her but there s a difference between loving someone and being able to have them in your life This cycle of jealousy unpredictable anger and forgiveness is exhausting She s never felt so intensely for anyone so exhilarated by someone s kiss but is the irrepressible heat between her and Hardin worth all the drama Love used to be enough to hold them together But if Tessa follows her heart now will it be the end Back cover **Exposed** Rachel Van Dyken,2019-06-07 Author Note This book was originally written in weekly episodes in my newsletter it will only be on sale for through Cyber Monday before being pulled and stored in the RVD Vault Welcome to the world of the Elite Where nothing is as it seems All Tanit wants to do is make it through the school year without gaining any sort of attention Until she gains his attention He s cruel He s beautiful He s everything she s been warned to stay away from Set 10 years into the Eagle Elite future find out what s happened to Eagle Elite University and make way for a new boss *The Plantation* John Bonno,2018-01-03 A novel that examines the exploitation of college athletes at the trial of the century College sports go on trial in a Federal courtroom while all the while terrorists are plotting to blow up the Super Bowl **Defenseless** Amy Jarecki,2024-04-18 After Cade Williams the best tight end Madison University has ever seen is acquitted by a jury and reinstated by the dean he is determined to focus on three goals 1 Help his team win a bowl game 2 Ace his exams and most importantly 3 Women are completely utterly and irrevocably off limits Strait laced accounting major Vivian Ellis hasn t watched a complete game of football in her life And when she receives her tutoring assignment the last student she expected was Cade Not only has the football star earned a reputation as the best looking heart breaker on campus his recent trial has made him notorious But Cade is done with his past and he wants to prove it When his teammates invite him to a celebration in his honor he asks Vi to come along to keep the party girls at bay Except when Vi shows up without her glasses she s as sexy hot as a runway model Worse his tutor is as off limits as any woman can get As the season continues sparks fly while their chemistry darts from simmering to scorching Until everything is blown to hell Challenged by hateful rumors and a devastating injury will these star crossed lovers find the mettle to get back in the game Heartbreak Hotel Anne Rivers

Siddons,1996 Maggie DeLoach has everything she could want in her life as she starts her senior year at an Alabama university but change is waiting for her and the country in the 1950s and a solitary act of defiance will forever alter the way people see her and the way she sees herself      **Secret Society Girl** Diana Peterfreund,2006 Eli University junior Amy Haskel finds her life turned upside down when she is invited to join the Rose Grave the country s most powerful and notorious secret society as one of the organization s first female members as she deals with druidic initiation rituals disgruntled alumni changing personal relationships academics and George Harrison Prescott a handsome fellow pledge A first novel 50 000 first printing      **Hail to the Chiefs** Stephen James Poppoon,2017-04-08 Five players from a powerhouse high school soccer program enroll at Bainbridge University in 1969 where soccer has only just become a varsity sport The new coach has never even played the game Personal relationships academic courses and a demanding athletic schedule is tough but life is about to become tougher Based on true events      *Playing for Keeps* Raneé S. Clark,2015 Anthony Rocket Rogers takes full advantage of his all star status as BYU s star quarterback holding girls at arm s length for one reason it keeps him from repeating the same mistakes that once led to a devastating heartbreak When he meets TyAnne Daws his assumption that she s just another pretty face is quickly proven wrong      **New Horizons (Mandie: Her College Days Book #1)** Lois Gladys Leppard,2006-02-01 It s 1906 and Mandie and Celia are off to college Newly arrived at the exclusive Charleston Ladies College the girls are faced with a campus full of unfamiliar faces and fresh challenges Despite Mandie s best efforts to make new friends however most of her classmates will have nothing to do with her It s a mystery Mandie can t fathom To make matters worse April Snow Mandie s rival from the Misses Heathwood s School for Girls has also enrolled in the college Could she be in uencing the others to give Mandie and Celia the cold shoulder Mandie Her College Years Book 1 *Senior Year* Anne Emery,1949      *The Ravens* Kass Morgan,Danielle Paige (Novelist),2020 Loner Vivi Deveraux is thrilled to join Westerly College s Kappas who are secretly witches until she meets perfect polished Scarlett Winter who will stop at nothing to be the sorority s next president

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## **Table of Contents Aktpncaa Novel**

1. Understanding the eBook Aktpncaa Novel
  - The Rise of Digital Reading Aktpncaa Novel
  - Advantages of eBooks Over Traditional Books
2. Identifying Aktpncaa Novel
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Aktpncaa Novel
  - User-Friendly Interface
4. Exploring eBook Recommendations from Aktpncaa Novel
  - Personalized Recommendations
  - Aktpncaa Novel User Reviews and Ratings
  - Aktpncaa Novel and Bestseller Lists
5. Accessing Aktpncaa Novel Free and Paid eBooks
  - Aktpncaa Novel Public Domain eBooks

- Aktpncaa Novel eBook Subscription Services
- Aktpncaa Novel Budget-Friendly Options
- 6. Navigating Aktpncaa Novel eBook Formats
  - ePub, PDF, MOBI, and More
  - Aktpncaa Novel Compatibility with Devices
  - Aktpncaa Novel Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Aktpncaa Novel
  - Highlighting and Note-Taking Aktpncaa Novel
  - Interactive Elements Aktpncaa Novel
- 8. Staying Engaged with Aktpncaa Novel
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Aktpncaa Novel
- 9. Balancing eBooks and Physical Books Aktpncaa Novel
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Aktpncaa Novel
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Aktpncaa Novel
  - Setting Reading Goals Aktpncaa Novel
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aktpncaa Novel
  - Fact-Checking eBook Content of Aktpncaa Novel
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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