

FOOTBALL

Braces score big for ankle sprains

PEBBLE BEACH, Calif.—On the gridiron, ankle braces have outstripped tape.

In an eight-year Bowman Gray study of 300 Wake Forest football players, the 48% who wore ankle braces for 656 player-years had only 43 sprains, says Dr. Monte Hunter. But the 52% who chose tape to protect their ankles had 115 injuries over 678 player-years.

Injured players selecting the ankle-stabilizing orthoses got back on the field in a mean of six days, vs. eight days for those who preferred to use tape, he told the Southern Orthopaedic Association meeting here. Some crossed over. The variable of high-top or low-top shoes was not significant.

Dr. Hunter ran the study during 1,466 practices and 89 games. —*Judith Groch*

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This study used the ASO (Ankle Stabilizing Orthosis) exclusively for ankle bracing. For additional information on the ASO, contact Medical Specialties, Inc. at 800-582-4040