

	Unsupported	Supported	After 10 Minutes	After 1 Hour	Unsupported After 1 Hour
Ace Ankle Support	47.1 ± 6.2	44.4 ± 6.9	44.8 ± 6.2	45.5 ± 6.9	46.5 ± 7.3
Futuro Ankle Brace	47.6 ± 5.5	44.9 ± 6.2	45.7 ± 6.2	46.5 ± 5.9	47.6 ± 5.5
Zinc Oxide Plaster	48.7 ± 5.5	35.8 ± 5.9***	42.1 ± 5.2**	44.3 ± 5.9	49.5 ± 6.9
Elastoplast Adhesive Bandage	45.8 ± 6.2	37.5 ± 5.5**	39.6 ± 5.9*	42.4 ± 6.2	46 ± 6.6

Mean values in degrees for plantar flexion.

	Unsupported	Supported	After 10 Minutes	After 1 Hour	Unsupported After 1 Hour
Ace Ankle Support	26.0 ± 8.7	23.8 ± 8.0	24.5 ± 7.0	25.4 ± 6.6	26.3 ± 7.3
Futuro Ankle Brace	25.8 ± 6.2	24.9 ± 6.2	26.4 ± 5.5	27.2 ± 5.2	27.4 ± 4.2
Zinc Oxide Plaster	26.8 ± 6.2	19.0 ± 5.9*	22.3 ± 5.5	26.5 ± 5.2	27.1 ± 5.2
Elastoplast Adhesive Bandage	25.0 ± 6.6	21.3 ± 7.0	23.0 ± 5.9	24.7 ± 5.2	25.6 ± 5.2

Mean values in degrees for dorsiflexion.

	Unsupported	Supported	After 10 Minutes	After 1 Hour	Unsupported After 1 Hour
Ace Ankle Support	7.3 ± 3.8	6.0 ± 3.1	6.0 ± 2.4	6.7 ± 3.1	8.2 ± 3.5
Futuro Ankle Brace	8.3 ± 3.8	7.6 ± 3.8	7.7 ± 3.8	8.5 ± 3.5	10.7 ± 3.1
Zinc Oxide Plaster	11.6 ± 6.2	5.6 ± 3.5**	6.0 ± 4.5**	8.9 ± 4.8	12.1 ± 5.5
Elastoplast Adhesive Bandage	11.3 ± 3.5	7.0 ± 3.5**	8.2 ± 4.2	10.2 ± 3.8	13.5 ± 3.5

Mean values in degrees for neutral-eversion.

	Unsupported	Supported	After 10 Minutes	After 1 Hour	Unsupported After 1 Hour
Ace Ankle Support	36.6 ± 4.8	34.0 ± 4.8	34.9 ± 4.5	34.5 ± 5.5	36.9 ± 4.2
Futuro Ankle Brace	38.0 ± 5.9	34.6 ± 6.2	35.7 ± 6.2	37.1 ± 4.8	37.9 ± 4.2
Zinc Oxide Plaster	33.0 ± 6.6	22.6 ± 6.2**	26.9 ± 7.0*	30.8 ± 7.3	35.0 ± 5.2
Elastoplast Adhesive Bandage	35.9 ± 7.3	28.4 ± 6.2**	29.7 ± 6.2	31.4 ± 6.2	36.0 ± 7.6

Mean values in degrees for plantarflexed-eversion.

	Unsupported	Supported	After 10 Minutes	After 1 Hour	Unsupported After 1 Hour
Ace Ankle Support	14.5 ± 6.9	11.7 ± 4.9	13.3 ± 5.1	15.3 ± 4.3	17.0 ± 5.3
Futuro Ankle Brace	15.8 ± 7.3	14.1 ± 7.5	14.4 ± 6.0	16.4 ± 5.2	17.7 ± 5.0
Zinc Oxide Plaster	18.9 ± 8.5	11.1 ± 6.3**	12.3 ± 6.2**	15.3 ± 7.0	21.2 ± 7.7
Elastoplast Adhesive Bandage	19.8 ± 7.0	12.3 ± 6.2**	16.5 ± 4.9	18.3 ± 5.4	23.4 ± 5.1

Mean values in degrees for plantarflexed-inversion. (redo)

	Unsupported	Supported	After 10 Minutes	After 1 Hour	Unsupported After 1 Hour
Ace Ankle Support	33.3 ± 6.2	29.3 ± 5.5	31.3 ± 4.5	31.3 ± 5.2	33.0 ± 4.8
Futuro Ankle Brace	31.8 ± 8.4	28.8 ± 8.2	29.2 ± 9.1	30.6 ± 7.1	32.3 ± 7.5
Zinc Oxide Plaster	27.3 ± 4.5	17.2 ± 6.3**	22.2 ± 5.2*	25.9 ± 4.4	29.3 ± 4.2
Elastoplast Adhesive Bandage	29.0 ± 4.2	21.5 ± 7.6**	24.1 ± 5.8*	27.5 ± 4.5	31.0 ± 4.0

Mean values in degrees for neutral-inversion. (redo)

Statistically Significant at 0.05*, 0.01** and 0.005***

Myburgh, K. H., Vaughan, C. L., & Isaacs, S. K. (1984). The effects of ankle guards and taping on joint motion before, during, and after a squash match. *The American Journal of Sports Medicine*, 12(6), 441-446.