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Changes in SEBT Scores in College Basketball Players Participating in a Preventative Ankle Program

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INTRODUCTION

Balance deficits have been associated with increased ankle injury rates among athletes.¹ Preventative exercise programs have been developed to help with injury prevention, but the effectiveness of these programs has not been assessed by a test that is easily administered by clinicians.

OBJECTIVE

The purpose of this study was to use the Star Excursion Balance Test (SEBT) to determine whether a 5-week preventative exercise program would improve participants' reach distances.

SETTING

Athletic training research laboratory.

PARTICIPANTS

Six male and seven female college basketball players.

METHODS

After completing a baseline SEBT, the participants took part in a 5-week preventative exercise program which incorporated postural stability, strength and plyometric exercises. Following the program, the SEBT was repeated and the results served as the outcome measurements.

INTERVENTION

5-week preventative exercise program.

MAIN OUTCOME MEASUREMENTS

Star Excursion Balance Test

RESULTS

Following the preventative program the male and female participants both significantly increased reach distances. The female participants increased significantly in the left leg posteromedial direction (96.6 ± 3.67 to 105.67 ± 3). The male participants increased significantly in the left leg anterior (65.89 ± 2.89 to 74.38 ± 3.62), posteromedial (98.28 ± 3.81 to 108.12 ± 4.09) and posterolateral (84.69 ± 5.95 to 99.35 ± 5.57) directions.

CONCLUSION

A 5-week preventative exercise program may improve the balance of college basketball players and so reduce the likelihood of sustaining an ankle injury.

REFERENCES

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KEY WORDS: *balance; preventative program; SEBT; basketball players; injury prevention; postural stability; strength; plyometric.*