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Influence of Taping and Exercise on Lower Leg Joint Function in Individuals with Functional Instability (FI) During Drop Landings

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participants in the taping group demonstrated enhanced joint stability, with a notable reduction in joint displacement during drop landings. Additionally, impact forces were signi cantly decreased, with a mean reduction. Balance measures, assessed through speci c balance test improved, indicating better proprioceptive control. e exercise intervention group also exhibited signi cant gains in joint function. Strength tests showed increase in lower leg muscle strength, and balance performance improved by as measured. Landing mechanics improved, with a reduction in joint stress and impact forces comparable to those observed in the taping group. e exercise group had a reduction in joint displacement during drop landings, similar to the taping group. Both taping and exercise led to signi cant improvements in lower leg joint function, but the exercise group demonstrated superior overall gains. e exercise intervention yielded greater improvements in strength and balance, which are crucial for managing functional instability over the long term [7]. e taping group provided e ective immediate support and reduced joint displacement, but did not show the same level of improvement in strength and balance as the exercise group.

Taping e ectively stabilizes the lower leg joint during high-impact activities, providing immediate bene ts in terms of reduced joint

displacement and impact forces. is intervention is particularly useful for managing acute symptoms and providing external support [8]. However, while taping improves joint stability in the short term, it does not address underlying muscle weakness or proprioceptive de cits that contribute to functional instability. Exercise interventions not only improve joint stability and balance but also enhance muscle strength and proprioception. e observed improvements in strength and balance suggest that exercise addresses the root causes of functional instability, o ering long-term bene ts beyond the immediate impact reduction provided by taping. Strengthening the muscles around the joint and improving proprioceptive feedback can lead to more sustained improvements in joint function and a reduced risk of future injuries. e ndings highlight the importance of incorporating both taping and exercise into rehabilitation programs for individuals with functional instability [9]. Taping can provide immediate support and alleviate symptoms, while exercise should be emphasized for long-term management and prevention. Combining these approaches may o er a comprehensive strategy for enhancing lower leg joint function and reducing injury risk. is study's limitations include the short duration of the intervention and the speci c population studied. Future research should explore long-term e ects of taping and exercise, evaluate di erent exercise protocols, and include a broader range of participants. Additionally, studying the combined e ects of taping and exercise over extended periods could provide further insights into optimal treatment strategies for functional instability. Both taping and exercise are e ective interventions for improving lower leg joint function in individuals with functional instability during drop landings. While taping provides immediate stabilization, exercise o ers substantial long-term bene ts by addressing underlying issues such as muscle weakness and balance de cits [10]. A combined approach may be the most e ective strategy for managing functional instability and enhancing overall joint performance.

Conclusion

is study demonstrates that both taping and exercise interventions signi cantly improve lower leg joint function in individuals with functional instability (FI) during drop landings. Taping e ectively enhances joint stability and reduces impact forces in the short term, making it a valuable option for immediate symptom relief and support. However, exercise interventions provide more comprehensive bene ts by addressing underlying issues such as muscle weakness and proprioceptive de cits. Participants in the exercise group showed substantial improvements in strength, balance, and overall joint mechanics. Combining taping with exercise may o er a synergistic approach, providing both immediate stabilization and long-term functional improvements. For optimal management of functional instability, incorporating exercise into rehabilitation programs is crucial for addressing the root causes of instability and enhancing joint performance. Future research should focus on evaluating the long-term e ects of these interventions, exploring di erent exercise regimens, and assessing the combined e ects of taping and exercise over extended periods. Such studies will help re ne treatment strategies and improve outcomes for individuals with lower leg joint instability.

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Con ict of Interest

None

References