

Phoebe Stoye

Junior Division Medicine & Health

The Effect of Therabands on Ankle Strength

“Therabands”, or other types of strengthening elastic bands, are not frequently used for the strengthening of ankles. Therefore, this experiment tested the effectiveness of Therabands on ankle strength. It was, in addition, tested if initially weak people became stronger faster than initially strong people with the use of the Therabands. The ankle strength of six subjects was found, as a preliminary test. To do this, each subject arched their foot. The distance was found between the ground and the ball of the foot (A). Then, the subjects arched against the opposing pressure of a Theraband, and the distance was again found (B). B was a larger number than A. The difference A-B was found, a negative number, for the ankle strength. After taking the preliminary test, each of the six subjects then exercised with a red colored Theraband for five weeks, 3-4 times per week, and for approximately five minutes. The subjects then took another ankle strength test, which was precisely the same as the previous test. The difference was found between the two ankle strength tests for any alteration. Subjects of both high ankle strength and low ankle strength were tested to see which group would have a higher ability to gain ankle strength. It was found that the Therabands work fairly well, with an average of a 0.5 cm increase over the five week span. They work considerably better for the initially weak subjects. There was a steady correlation that showed that as the stronger the subject was, the less the Therabands worked. It was concluded, thereafter, that Therabands require time, at least several weeks, for any noticeable effectiveness. Hence these observations, it is believed that Therabands would not be as effective on strong athletes who wish to strengthen their ankles. Instead Therabands would be more effective on those who are weak or injured and need to gain strength in the ankles. However, a side note must be made that the sample size was not large enough to gain significant information.