

Table for *Nelson, C.* The Influence of Prophylactic Ankle Strategies on Vertical Jump Performance.

| Kinematic Variables (M±SD) | | | | | | |
|----------------------------|------------------|----------------|-----------------|----------------|-----------------|-----------|
| Condition | Max Knee Flexion | | Take-off | | Range of Motion | |
| | Ankle Angle (°) | Knee Angle (°) | Ankle Angle (°) | Knee Angle (°) | Ankle (°) | Knee (°) |
| | - | 102.7±12. | | 176.3±7. | | |
| Tape | 19.4±10.0 | 9 | 41.8±8.8 | 1 | 62.1±11.1 | 70.8±14.8 |
| | - | 102.3±14. | | 176.1±7. | | |
| Brace | 20.2±10.8 | 3 | 38.5±9.6 | 3 | 57.9±7.9 | 70.4±12.8 |
| | - | 100.0±11. | | 179.2±4. | | |
| Control | 21.2±10.2 | 7 | 44.2±8.9 | 5 | 67.2±9.1 | 77.4±12.3 |