The Role of Shoe Design in Ankle Sprain Rates Among Collegiate Basketball Players


Abstract

Twenty-two Certified Athletic Trainers (ATs) from all three Divisions of the NCAA recorded the type of shoes, practice and game exposure, and lateral ankle injuries for 141 males and 89 females between the ages of 18 and 24. These ATs were responsible for maintaining any ankle sprains, injuries due to the ankle ligaments, which they treated during the 2005-2006 collegiate basketball season. Cushioned column shoes were defined as one with a spring-like rear-foot cushioning system, column-like in design. Results of this study were that there was no difference in lateral ankle sprains between collegiate basketball players wearing the cushioned column shoes compared to any other type of shoe. Athletes that wearing cushioned column shoes sustained 41 ankle sprains, and those without sustained 27 injuries. The incidence of an ankle sprains with cushioned column shoes was 1.33 ankle sprains per 1000 observations. The incidence of an ankle sprain in non-cushioned column shoes was 1.96 per 1000 observations. So therefore, there was no difference observed in lateral ankle sprains depending on what type of shoe the collegiate basketball player was wearing.

**Keywords**: lateral ankle sprains, cushioned column shoes, collegiate basketball player