



### Penn State SIMS Report 2011

Pro Tacos fitted on 6 female and 6 male athletes on 9/7/2011

- Athletes chosen have a history of multiple or severe ankle related injury. Athletes were also chosen based on the middle blocker position, whose ankle injury rates are highest when reviewing past injury statistics.
- Athletes only wore the Pro Tacos for weight room related activity which includes:
  - Weight lifting
  - Plyometric training
  - Agility
  - Other conditioning

7 ankle injuries reported – 7 inversion MOI

- 2 ankle injuries **pre** 9/7/2011
  - Both athletes were fitted for Pro Tacos on 9/7/2011
- 5 ankle injuries **post** 9/7/2011
  - 4 non-Pro Taco participants sustained grade 1-2 ankle sprains
    - Same athlete 2 injuries, different ankles
  - 1 Pro Taco participant – medial bone bruise ONLY
    - **Immediate RTP with no complaint**

Women's team # of exposures (number of athletes times sessions of practice, lifting, conditioning and games)

- 2,954

Men's team # of exposures (number of athletes times sessions of practice, lifting, conditioning and games)

- 1,388

Upon a search of all lower extremity and low back injuries for both teams in the same time line, no other trends were discovered.

**CONCLUSION: The Pro Taco shows positive results in the prevention of ankle sprains.**