ABSTRACT
Title: Prevention of ankle injury in basketball is by using taping of the Mulligan concept

Objectives: The aim of this study is to verify the effectiveness of the tape ankle joint by Mulligan Concept to prevent injury to the area and see whether this kind of tape has a positive effect on the stability of the ankle joint.

Methods: The essence of this study was to record the ankle joint injury for the female players during a basketball session after the application tape was used on the ankle joint by the concept of Mulligan. The experiment was carried out before each training (3 times a week) during two months of research and was attended by 10 probands aged 17-35 years who have a history of ankle injury. Part of this study were also two types of questionnaires (input and output) and examination of the standing on one leg before and after treatment of the ankle joint Mulligan tape.

Results: When testing the stability of a previously injured ankle joint it was found that all the players had improved stability of the ankle joint by the use of the Mulligan tape at least one level. In the subjective evaluation of standing on one leg all players have confirmed the findings of fact and stated that the ankle joint by the use of Mulligan tape that feels more stable than if the absence of the treatment. Subsequently, during the measurement after 24 taping ankle joint monitored during training if injury occurs in this area. The result is that none of the players avoid injuries to the ankle joint after he had the ankle joint Mulligan tape.

Keywords: Basketball, ankle joint, taping, Mulligan concept