

Activity

1 Read the following text and answer the questions.

Taping and Bracing

Basketball players are more **likely** than any other sports players to **injure** their **ankles**. The most common **ankle injuries** among basketball players are inversion (turning **inward**) and eversion (turning **outward**) of the ankle. There are many factors that make basketball players especially prone to ankle injuries. The sharp twists, frequent running, constant jumping, and **sudden** stopping associated with



basketball put tremendous pressure on a player's ankle joint. The ligaments within that joint can only withstand so much force before tearing. **Although** there are several ways that players and trainers try to treat and prevent these injuries, there has yet to be a completely successful solution. Taping is the traditional **method** used by athletic trainers to treat ankle injuries. In this method, ankle tape is simply wrapped **snugly** around the ankle joint.

Taping can be beneficial, but it also has many drawbacks. It is criticized by athletic trainers and players alike. Taping is not very expensive when used once, but when used **throughout** the season, taping is three times more **costly** than bracing. This is due to the fact that tape must be reapplied for each practice and game, causing it to become very expensive over time. Taping also loosens with physical activity; after only ten minutes of exercise, the tape will become 50% looser. After one hour of exercise, taping offers no significant support whatsoever.

Bracing has proven to be more effective than taping in a number of different studies. It is also much more cost effective throughout a season. Several types of ankle braces are available for use, ranging from **cloth** lace-on braces to more rigid plastic braces. Braces decrease the range of motion of the ankle more than taping does, and, therefore, help to prevent future ankle injuries. However, despite the numerous benefits of ankle braces over ankle tape, bracing is still not a frequent practice for athletes. **Although** braces are easily applied and maintained, the attitude **towards** braces is fairly negative. Braces are believed to overly restrict movement capabilities and also cause discomfort.

Both taping and bracing are typically only used after a player has already been injured. One of the most common attempts to prevent **ankle** injuries in the first place is simply using a high-top shoe rather than a low-top shoe. Researchers have found that shoe height does not improve resistance to eversion moments, but does significantly increase resistance to inversion moments. But while high-top shoes may help protect players, players shouldn't spend a great deal of money on their shoes. Recent research has also shown that more expensive shoes often cause more ankle injuries than cheaper shoes. The air cells within the expensive shoes are thought to be responsible for this.

Vocabulary

Likely: Probable

injure: Lesionar

Ankles: Tobillos

Outward: Exterior

inward: interior

Sudden: Repentina

although: a pesar de que

Method: método

Solemnly: Solemnemente

Throughout: a lo largo de

Costly: Costosa

bracing: Vigorizante

Cloth: Tela

Although: a pesar de que

Both: ambas/o

help English speakers... is also the basis for all of the modern Romance languages. Italian and Spanish will be easier to learn. Nonetheless, since no one speaks anymore, many of the practical advantages of Latin means you should think carefully about which language to learn.

1. The author apparently believes that Latin is

- a completely useless as a second language
- b less useful than spoken languages
- c useful for English speakers but no one else
- d more useful than other dead languages, such as

2. Based on information in paragraph 1, it can be understood that Latin is which of the following word groups?

- a healthy, wholesome, nutritional
- b wise, smart, intelligent
- c advantageous, helpful, valuable
- d common, usual, customary

3. Based on information in the passage, it can be understood that Latin is

- a over a thousand years old
- b not spoken anymore
- c useful for learning modern vocabulary
- d the basis for other languages

4. Someone who knows Latin will likely be able to

- I. think logically
- II. learn Spanish easier
- III. communicate with foreigners

- a I only
- b I and II only
- c II and III only
- d I, II, and III

5. According to the author, Latin can be helpful for English speakers because it

- a the basis for all of the modern Romance languages
- b a way to conduct international business
- c taught in schools in many different countries
- d a way to help build their vocabulary

6. As used in paragraph 2, something that is derived must

- a come before something else
- b come from something else
- c be the same as something else
- d replace something else

7. The author states that the most common Latin-derived words in English are like Italian and Spanish.