

## **Taping and Bracing**

Baskenball players are more likely than any other sports players to takere their ankles. The most common ankle interies among baskerball players are inversion (turning inward) and eversion (turning outward) of the ankle. There are many factors that make baskerball players expecially prose 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



with stand so much force before tearing. Although there are several ways that players and trainers to breat 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 simple to be a completely successful solution.

Taping can be beneficial, but it also has many drawbacks. It is criticized by athletic trainers and play allike. Taping is not very expensive when used once, but when used throughout the season, tap is three times more costly than bracing. This is due to the fact that tape must be reapplied for expractice and game, causing it to become very expensive over time. Taping also loosens with physical practice and game, causing it to become very expensive over time. Taping also loosens with physical properties only ten minutes of exercise, the tape will become 50% looser. After one hour of exercise, the tape of the properties of exercise that tape is a contract of the properties of the properti

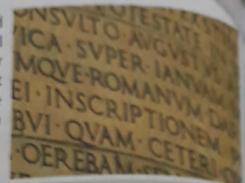
Bracing has proven to be more effective than taping in a number of different studies. It is also more cost effective throughout a season. Several types of ankle braces are available for use, ran from cloth lace-on braces to more rigid plastic braces. Braces decrease the range of motion of ankle more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

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

## Latin as a Second Language

Many people believe that it is beneficial to learn a second language. Knowing two languages makes it easier to travel to foreign countries, communicate with people from other cultures, and conduct international business. Even if you do not learn to speak another language fluently, studying a language is a useful academic exercise because it requires concentration and logical thinking.

Some people choose to learn Latin, which is a dead language.



Latin has not been spoken for over a thousand years.

Nevertheless, schools in many different countries offer courses in Latin. Some argue that Lamber help English speakers build their vocabulary, since many English words are derived from Latin, languages he is also the basis for all of the modern Romance languages. If you already know Latin, languages he is also the basis for all of the modern Romance languages. If you already know Latin, languages he is also the basis for all of the modern Romance languages, if you choose to study a language that no one language and language are eased. The speaks anymore, many of the practical advantages of learning a second language are eased. The means you should think carefully about which language you choose to learn.

1. The author apparently believes that Latin is



- a completely useless as a second language
- less useful than spoken languages
- c useful for English speakers but no one else
- d more useful than other dead languages, such as ancient Greek
- 2. Based on information in paragraph 1, it can be understood that the word beneficial belongs to which of the following word groups?
  - a healthy, wholesome, nutritional
  - b wise, smart, intelligent
  - advantageous, helpful, valuable
  - d common, usual, customary
- 3. Based on information in the passage, it can be understood that a "dead language" is a language that is
  - a over a thousand years old
  - not spoken anymore
  - c useful for learning modern vocabulary
- d the basis for other languages

L 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 is (a) the basis for all of the modern Romance languages **b** a way to conduct international business taught in schools in many different countries a way to help build their vocabulary 6. As used in paragraph 2, something that is derived must (a) come before something else come from something else (c) be the same as something else (d) replace something else 7. The author writes, "If you already know Latin, languages like Italian and Spanish will be easier to learn." Assess this argument. Is this a strong enough reason to learn Latin instead of simply learning Spanish first? Why or why not? first study the native or notional language and second in school like English or the some cases French, study whin

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(2) "Researchers have found that shoe height did not improve resistance to eversion momen

using a high-top shoe rather than a low-top shoe."

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