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Clinical Experience I

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Earlier this year a couple of football players came up to us and asked if there was any tape job that would increase their speed. So that is how we came up with our little clinical question is: What is the effect on a placebo tape job to ankles on college athlete’s speed? Colin and I decided to work together on this project because we think that the both of us work well together and feel strongly about this subject. We both wanted to see the effect of a placebo and how much of an athlete’s performance was effected by it. We decided to look at college athletes for a few different reasons. First because they were at a somewhat easy access to us with so many athletic teams on campus here. Second we were approached by these college athletes so we thought that we would help them answer their question through this assignment. Lastly, we thought that there might be a possibility that these college athletes would be less inclined to fall under the impression of a placebo tape job.

I am looking forward to carrying out this question because the idea of a placebo anything intrigues me. I would like to think with any athletes, especially college level or higher, will not be affected by a placebo because of how committed they are to their sports and performance, but I am afraid there are instances where a placebo has an impact on performance. I am also looking forward to finding more articles and research about placebos and the effects they have on athletes. It is exciting to me how our body and mind corresponds and I am looking forward to finding out more about the connections between the two. With this assignment we were also required to get an advisory committee to help us with this question. Colin and I got D.C. as a faculty advisor and look forward to having him help us with research. Also, we have our preceptor Kris Johnson helping us as well and are looking forward to his inputs about taping and placebo effects. Also we have our content expert Ryan Lockwood who is a DPT and CSCS, who has looked and done some research into placebo effects. Overall, we are ready to practice and get the hang of article reviews and looking at current info for our senior projects.