THE ACCEPTABILITY OF TALARIA FOR ANKLE STRENGTHENING AMONG LICENSED PHYSICAL THERAPIST

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ABSTRACT

One of the crucial components in supporting body weight and maintaining balance during movement is the ankle joint. Injuries and neuromuscular diseases impair the muscles of the ankle, which further results in pain, instability, foot deformity, an abnormal gait, and disability. Ankle injuries are rehabilitated through physical therapy with the use of conventional and simple devices. However, it is evident that there are restrictions in time and availability of physical therapists, and it is labor intensive as well for patients. The aim of this study is to develop and determine the acceptability of TALARIA for ankle strengthening among licensed physical therapist. A descriptive research design has been used of which (21) licensed physical therapist were purposively selected to evaluate TALARIA using a modified standardized questionnaire in terms of individual features, functionality, materials, design, safety of use, and its overall acceptability. The degree of acceptability of TALARIA for ankle strengthening as to features, functionality, materials, design, and safety of the device were found to be acceptable among licensed physical therapists who met the required criteria as respondents of this study. Of all the parameters, materials got the highest weighted mean (4.30), while features came in second (4.27). Design ranked third (4.25), and safety ranked fourth (4.11). Functionality ranked last with a weighted mean of 3.69. The degree of overall acceptability for ankle strengthening among twenty-one licensed physical therapists were obtained with a weighted mean of 3.95 and interpreted as slightly acceptable on the scale used as an ankle rehabilitation device for strengthening. The TALARIA ankle exerciser is determined to be acceptable and recommended for physical therapy schools, rehabilitation clinics, and centers in strengthening the muscles of the ankle.

Keywords: Ankle strengthening, Acceptability, Ankle device, Rehabilitation