

Jarutpim Sriboonruang 2009: Comparison of Wobble Board Program and Star Excursion Program on Balance of Athlete with Chronic Ankle Instability. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Mr. jakapong Khaothin, Ph.D. 87 pages.

The purpose of this research was conducted to study and comparison of the Wobble Board Program and the Star Excursion Program on balance of athletes with chronic ankle instability. The subjects in this study consisted of 30 athletes with chronic ankle instability from ankle sprain and still have symptom of neuromuscular deficits or pathologic laxity and were never have the exercise rehabilitation program before participate this research, between thirteen to eighteen years of age. The subjects were randomly assigned into three groups of 10 subjects each. Experimental group 1 (sport training program along with Wobble Board program training). Experimental group 2 (sport training program along with Star Excursion program training). Control group (sport training program only). And they received conventional physical therapy program for 6 weeks. The Balance Board Time Test was assessed at pre-training, two and four weeks after commencement, and post-training.

The research found that The Balance Board Time Test means of the control group was significantly different at the level of .05, when compared against the test means of the Experimental group 1 but the Experimental group 1 and the Experimental group 2 have no significant different, on Week 2 and Week 4 of the training program. The results also showed that The Balance Board Time Test means of the Experimental group 1 was significantly different at the level of .05, when compared against the test means of both the Experimental group 2 and the Control group at Post-test. Through the research, the Star Excursion Program proved to be effective means for improving the balance for athletes with chronic ankle instability. So the Star Excursion Program is another choice for improving functional stability of athletes with the chronic ankle instability. However, the Wobble Board Program is more effective than the Star Excursion Program in improving functional stability of athletes with the chronic ankle instability in the long term study.

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Thesis Advisor's signature