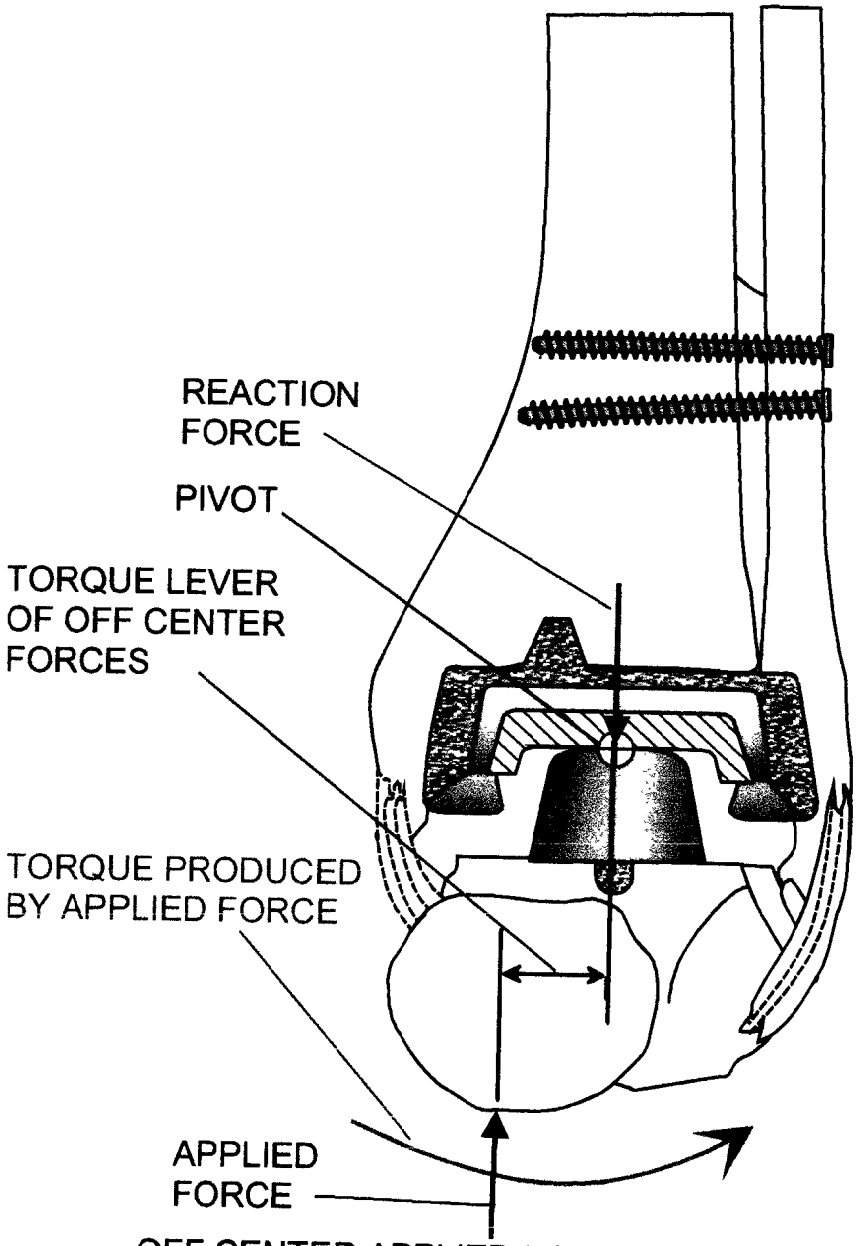
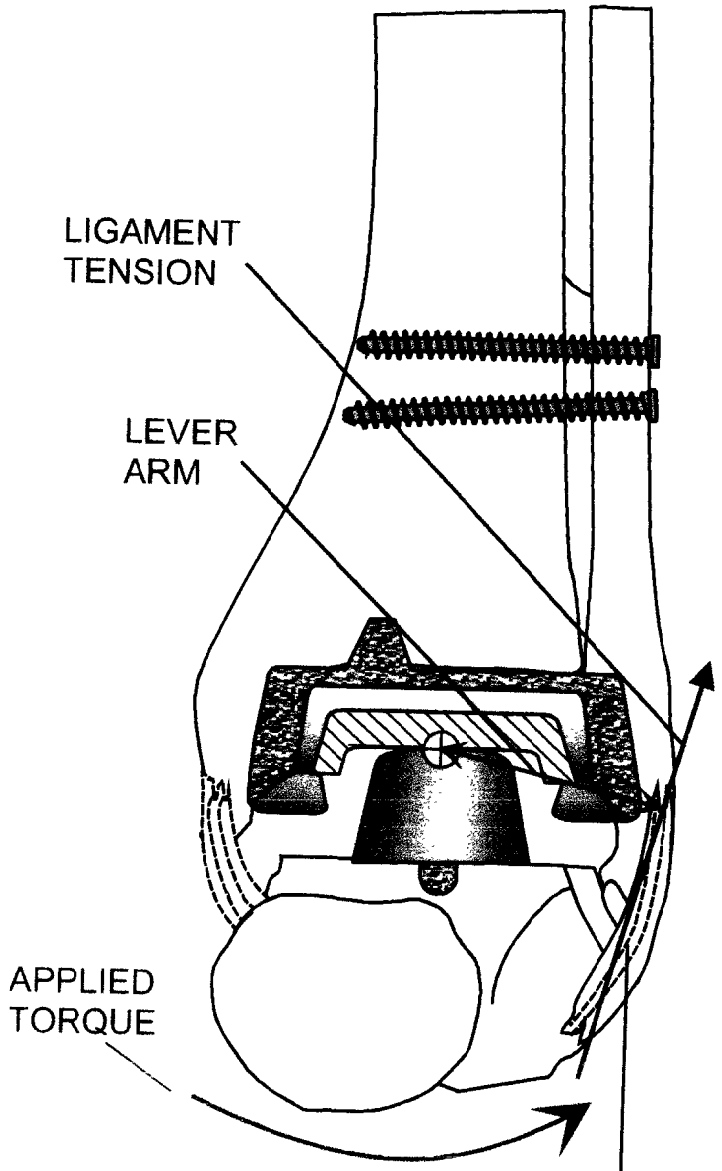
Figure c Agility Ankle




OFF CENTER APPLIED FORCE PRODUCES A TORQUE ON THE TALUS




SHORTENED LEVER ARM REDUCES I-E STABILITY AND INCREASES LIGAMENT FORCE NEEDED TO CONTROL EVERSION OR INVERSION TORQUE