

Frequency of Ankle Sprain in Footballer of Different Clubs of Lahore

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Highlights:

- This was a cross sectional Study
- Ankle sprain was present in all the football players
- Footballers at a lower risk of developing soft tissue injuries constituted 23% males

Abstract

Objective:

To find out the Frequency of ankle sprain in footballers of different clubs of Lahore

Methodology:

In this cross-sectional study Data was collected from different football clubs of Lahore, using structured questionnaire Identification of functional ankle instability it includes 11 questions regarding the instability of ankle or ankle sprain. A convenient sampling technique was used, and data were further analyzed by means of SPSS version 21.

Results:

Footballers at a lower risk of developing soft tissue injuries constituted 23% males. 51.1% participants complained no ankle sprain, 8.9% complained of two-time ankle sprain during playing, 73.3% never used crutches, 6.7% complained of use crutches. 2(4.4%) have mild, 34(75.6%) have moderate pain and 9(20.0%) have severe pain.

Conclusion:

This study concluded that ankle sprain was present in all the football players

Key Words:

Lower Extremities (ankle), Soft Tissue Disorders, and Footballers.

Introduction:

Nowadays, many people from the whole world are showing interest in fitness training and

relaxation health.¹ Nevertheless, physical activities are one of the big causes of ankle sprain. This thing increases the medical expenses, loss of playing and working time. Severe injuries may cause ligament sprain, ankle ligaments limited mobility or causes permanent cease of sports activities.² Due to the lack of key players and surprising injuries may results in defeats in major games and causes big economic loss in commercial sports.³ Due to unexpected adverse effects, medical specialists and scientists are energetically working on ankle injury preventing and mainly which include footballer according to this study. The major goal is to prevent sport injury so that people can enjoy sport activities.⁴ The strategy to ankle accidents has undergone a large alternate for physical therapists. Moreover previous research on ankle sprain appeared much less exciting than lookup on injuries to the knee or shoulder.⁵ This may be due to the result of some dramatic surgical enhancement or may be due to the severe instability occurs as a result of injuries to the area of ankle during playing football.⁶ Mainly, individual take part in games such as mental relaxation for their better health. Generally, routine physical activities minimize the chance of early death and reduces cardiac diseases, high blood pressure and serious injuries.⁷ In football players both the ankle sprains and foot are the most common injuries.⁸ The most famous sports which are linked together are cutting exercise, jumping and active running.⁹ In volleyball, basketball, handball, and cross-country running ankle sprains comprises about 40%.¹⁰ Injuries while on the other hand it may be considered as one of the most common traumatic injury.¹¹ About 50% of all physical injuries are due to the

misuse .Such type of injuries occurs due to the repetitive microtrauma which results in tissue damage.¹² Medical tibial stress syndrome and Achilles tendinopathy both are common in athletes due to overuse.¹³

Methodology:

A cross-sectional study was conducted in a private organization (different football clubs in Lahore like model town football club fame football clubs.).The sampling was to use non-probability convenient sampling. After collecting data of 90 subjects, data were uploaded in IBM SPSS Statistics 21 and was used along with Microsoft 2013 for statistical analysis and calculations. Data was collected through Identification of functional ankle instability questionnaire. The influence of gender on the frequency of soft tissue injury in lower extremity disorders was examined in association with socio-cultural responsibilities affecting the only male. Each individual was graded and classified on the basis of standard questionnaire grading given.

Results:

The mean age of the sample size was 29.23 ± 2.84 years (Table 1). Most of the people participated in the study were lying in their late twenties in my study. pain or symptoms experienced by the participants was most prominent in the lower extremity, 51.1% participants complained no ankle sprain, 8.9% complained of two-time ankle sprain during playing, 73.3% never to use crutches, 6.7% complained of use crutches. In results of my study, a significant of ankle sprain or ankle pain was seen with p value <20% which shows a greater percentage of male athlete accounting for 24%, and only 26% of males that complained of ankle pain or ankle sprain. Questionnaire Identification of functional ankle instability graded the sample size in three categories, people who were at a lower risk of developing soft tissue injuries constituted of 23% males. The typical incident of ankle sprain rolling over that soon return to normal that's a maximum percentage (24.4%) that's Immediately

incidence. According to my study are significantly at a greater risk of developing soft tissue disorder than males p-value was <22%. In response to "Approximately how many times have you sprained your ankle? 23(51.1%) replied No Ankle Sprain, 18(40.0%) replied One time and 4(8.9%) replied Two times In response to "If you have ever used crutches or other devices, due to an ankle sprain how did you long use it? 33(73.3%) replied Have no use devices, 3(6.7%) replied 4-3 days use devices and 9(20.%) 1-3 days. In response to "Visual Analogue Scale (VAS) 24(53.0%) replied have mild, 18(20.0%) replied Moderate pain and 3(6.7%) Sever pain.

Demographics	N	Age Mean± Std. Deviation
Mild	2	21.50±3.54
Moderate	34	3422.97±2.60
Severe	9	25.11±3.37
Total	45	23.33±2.88

Table 1: Demographics of Characteristics of Age Discussion

The comparison between the current study to previous studies. In the previous study, G Bovem et al (2011) Ankle Sprain was studied and 45 questionnaires were distributed. Their results showed that 35.6% prevalence of local Ankle pain existed whereas in current study researcher distributed 45 questionnaires and results showed that 66.7% Athlete was felt pain without affecting any other factors.¹⁴ Furthermore, Matti akela et.al (2008) studies the ankle pain prevalence. Researchers distributed 100 questionnaires and distributed them to the people below 30 years of age and collect the data from Mini-Finland Health Survey. While on the other side current study collect the data from 45 footballers and age criteria of study was ranges from 18 to 35 years. According to the current study about 28.3% of ankle sprain was found in sample population.¹⁵ Researchers focused on sports/working activities but in the current study 66.7% prevalence of ankle pain existed in footballer/athletes and the current study was focused on sports working activities, Running,

turning, concentration, lifting heavy weight.¹⁶ Peter et.al (2010) found that bad posture occurred due to the ankle sprain.¹⁷ in sample population 51.4% frequency of ankle sprain was founded, Woods V (2004) studies showed that better environment and exercise plays a positive impact on lower limb. But on the other side according to the current study routine exercise without having rest improves the ability of ankle pain.¹⁸ Muhammad and Mohsin studied that the general health, age, regular exercise was the main cause of ankle sprain.¹⁹ whereas current study shows that turning, lifting heavy weight running and playing football were the in the current study playing football, lifting heavy weight, running, turning were the foremost factors which change the intensity of ankle pain.²⁰ According to my study, the prevalence of ankle sprain in footballer was 44.4% due to bad posture during playing games or football. whereas in according to my study playing football, lifting weight, turning were the main risk factors which change the ability of ankle pain. Veer et.al studies the extensive cross-sectional study on the frequency of ankle pain and also describes the long- and short-term risk factors. About 45 questionnaires were distributed in sample population and result shows that about 23.3% frequency of ankle pain was founded and 40% in weekly and 18% occurrence existed in one day.

Conclusion:

Football players that are more risk for developing the ankle sprain injuries and the overall incidence of ankle sprain in footballers according to our study were significantly less than that in general population. Major contributing factors apart from uneven movements or suddenly twist the ankle joints. the frequency of ankle sprain in footballers or severity of ankle sprain among in footballer was that 23% according to this current study. Therefore considering the differences among football players. Mostly ankle sprain is more common in football player due to in this game player suddenly turn during running and

forcibly or tightly stretch on ankle ligaments and make to soft tissue injury.

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