

SUMMARY AND CONCLUSION

The purpose of this study was to assess Physical Therapy management for ligamentous ankle injuries among athletes from 45 random selected sports clubs in Cairo city, 250 athletes and 20 Therapists participated in this study from the different clubs. Questionnaires were designed to collect appropriate information concerning, History of trauma, Medical management and Physical Therapy management. The questionnaires were filled out by each participant and were collected on the same day. Responding to the questionnaires concerned with this purpose, the results showed that, there were only 13 clubs contain Physical Therapy clinics, 10 qualified Physical Therapists, 6 Physicians, and 4 Physical educators provided the Physical Therapy services. There was only three Physical Therapist provided ideal plan of treatment. There were 171 athletes received physical therapy management. Laser, and Ultrasound are the most common used modalities, and paraffin wax baths and Wobble board are the least modalities used in managing the athletes.

There were 106 athletes (62%) treated by Physical Therapist, 63 athletes (36.8%) treated by physician and 2 athletes (1.2%) treated by physical educators. 81 athletes were not applied strengthening exercises for foot ankle muscles after Physical Therapy management. 26 athletes received Physical Therapy treatment were not complain from any thing, whereas 111 athletes complaint from recurrent ankle instability.

These results suggest that physical therapy services are not complete and not based on scientific basis for the majority of this clinics, also the majority of the individuals who provided the services are not qualified enough. In some sports clinics, there are many modalities unfortunately, they are frequently used badly and ineffectively in sports Physical Therapy. So that, the athletes take a long time to return to their games and suffering from recurrent ankle instability.