


## CHAPTER I INTRODUCTION

Athletic participation involves an inherent risk of injury. Even professional athletes, who possess superior ability and training, can not escape injuries.

These professionals athlete are also under added pressure to recover more quickly and to participate in sport activities while recovering. As the living standards improve in Egypt and leisure time increase so, more people have the opportunity to participate in different sports activities, in schools, too, the reintroduction of team games implies that the exercise habit will become implanted at the earliest age.

Acute ankle injuries are one of the most common problems encountered in sports medicine.

Soft tissue injuries to the ankle are very common, inversion sprains forming 80% of all ankle injuries (Ray and Irvin, 1993). 

Deltoid ligament sprains occur in association with lateral ligament injury ruptures in almost 3% of cases. (Bruns J., and Dahmen G., 1987).

Because of the frequency of ankle injuries, and the number of structures potentially involved, the sports medicine Physio Therapist must be well versed in the differential diagnosis as well as be an expert in the evaluation of ankle injuries.

Only by knowing precisely what structures are injured can an appropriate treatment regimen be instituted to rapidly return an athlete to his particular sports at this pre injury levels of performance.

The use of standard exercise equipment such as weights, medicine balls, benches, balance boards, pulleys etc. remains fundamental to effective rehabilitation, recent technological innovations have been numerous and the past 5 years has seen a great expansion in the use of physical therapy management for the Egyptian athletes.

The treatment can be a success only if the Trainer, Doctor, and Physical Therapist work closely together to achieve complete recovery of athlete so that the athlete can withstand the full stress of competition. (Davis P. et al., 1995).

*sport physician*

## STATEMENT OF THE PROBLEM

An attempt has been made to determine the physical Therapy services provided to athletes at scene and or after the injuries occurs.

## PURPOSE OF THE STUDY

The purpose of this study was to :

*accuracy*

–Knows the Physical Therapy modalities that has been used after/injury occurs and the treatment program.

–Knows the qualification of the person who delivered the physical therapy services.

–Determines the tools, equipment, and/or supported devices that were used in treating such cases.

## SIGNIFICANCE OF THE STUDY

Since many persons participate in sports activities, and because of their frequency and the disability that results, ankle sprains present a major problem for the Coach, athletic Trainer, Team Physician, Physio Therapist, and many others. It has been said that in many cases a sprained ankle can be worse than a fracture. Fractures are usually conservatively cared for, with immobilization and activity restriction, whereas the athlete with sprained ankle is often rushed through management and returned to activity before complete healing has occurred. Incompletely healed, the ankle becomes chronically inflamed and unstable, eventually causing a major problem for athlete.

Also, it has been observed that individuals who provide the physical therapy services are not qualified enough, also the physical therapy services are not complete or not based on scientific bases so the athletes take a long time to return to their games, or may suffer from recurrent instability from ligamentous ankle injuries.

### Delimitations

This study was delimited to the following :

- Athletes suffering from recent ankle sprains.
- Athletes who had previous ankle sprains.
- Persons incharge (who delivered Physical Therapy services).
- Questionnaires were used to collect data.
- The study was conducted at Sports Medicine Hospital, some selected sports clubs in Cairo city, and the Faculty of Physical Education.

Plan of action

20/11/16

Randy  
Haque