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Ankle and foot injuries: prevalence, selected associated factors and thier effect on function among premiere league soccer players in Gaborone

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Abstract

Background: Soccer has been described as the most popular sport globally that comes with high performance expectations. This can lead to increased risk of injuries such as ankle and foot injuries. Studies on injuries in soccer teams from under-resourced places like Gaborone, Botswana are scanty.

Aim: To determine the prevalence of ankle and foot injuries and their effect on function and activity on premiere league soccer players in Gaborone.

Method: A cross sectional descriptive study was conducted on 109 soccer players. A foot and ankle outcome score questionnaire was used to assess the effect of the injury on function and activity. An assessment of foot posture was carried out on each player. Results were analysed using Stata version 15.1.

Results: The sample consisted of male premiere league soccer players ranging from 18-32 years with a median age of 24 years (IQR 22-26). Prevalence of ankle and foot injury was 46.80% with the majority of the injured players being midfielders (23.85%). Previous history of ankle and foot injury was reported by 66.7% of the participants. A significant association was found between playing position and previous history of ankle and foot injury (p= 0.02). A significant strong positive correlation was reported between pain and activities of daily living$(r_{s=}0.74, p = 0.00)$.

Conclusion: The results show that soccer players in Gaborone are at risk of incurring ankle and foot injury during training and matches. The study highlights the importance of putting in place stringent injury prevention measures to curb the prevalence of ankle and foot injuries.

Key words: Ankle injury, foot injury, ankle AND foot injury, injury prevalence, risk factors, management, rehabilitation, injury prevention