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As Editor-In-Chief I want to welcome you to the Journal of Italian Journal of Sports Rehabilitation and Posturology In the last few years Rehabilitation and Traumatology Science applied to sports has passed gradually from empirical theories in the treatment and recovery of injured athletes to a significant enhancement of therapeutic strategies – thanks also to scientific contributions coming from all over the world. So a different approach to traumatology and rehabilitation as regards sports injuries has become possible thanks to the contribution of: a) a better understanding of the healing process of injuries and surgery techniques b) a more adequate understanding of the clinical biomechanical behavior c) postural strategies along with the studies and analysis of the gestural movement d) the different myo-osteoarticular structures in response to internal and external load.

At present, most of the research highlights how important it is to treat injured athletes and to propose strategies and concepts based on an 'evidence-based approach'. So in a conceptual view of the rehabilitation of the injured athlete the therapist must choose those means and those strategies that reveal a clinic appropriateness, based on scientific data and aiming at an optimal return to sport.


The acquisition of new technologies for collecting clinical, physiological and rehabilitation parameters has allowed experts to improve their therapeutic abilities. The multidisciplinary treatment, now widely recognized by the scientific population, finds practical application difficulties because of the limited availability of rehabilitation specialists


Our editorial goal is to provide a tool for an adequate scientific update in the rehabilitation and sports posturology and to offer a modern, multidisciplinary point of view on traumatic injuries.

Kind Regards,


Rosario D'Onofrio,
Editor In Chief - Ita. J. of Sports Reh. Po.


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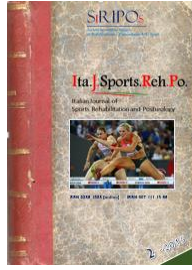
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Ankle sprain among teenage footballers in Negombo, Sri Lanka 2012

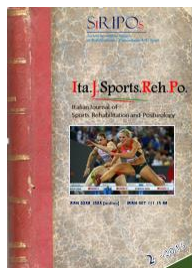
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Abstract

Background: Nowadays, football is very popular among teenagers in Negombo, Sri Lanka. Most players give priority to playing for their school. So their main playing location is their school ground. In addition they play on the beach, narrow roads, and other inappropriate places such as indoor locations and gardens. They spend most of their time playing rather than training. So there are more chances to sustain injuries such as ankle sprain, hamstring injuries, groin injuries and ACL injuries etc. In those injuries, ankle sprain is usually the most common injury among teenagers. Ankle sprain is a painful injury to an ankle joint caused by a sudden wrenching of its ligaments.

Method : A descriptive cross sectional study was carried out and data was gathered from 256 randomly selected football players. Sample was selected proportionately from 6 leading schools In Negombo, Western province, Sri Lanka. Within a school the quota was selected using convenience sampling. Data was gathered by way of an interviewer administered questionnaire.



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Results: Interviews were conducted among 256 footballers and 88(34%) were affected with ankle sprain in the last six months. 168(66%) reported no such injury. Among those 88 players, 73(82.95%) didn't do stretching properly. Among all, (17-18) age group had the highest injury rate (52.23%) and the lowest injury rate(26.44%) was among (13-14)age group. Most players were injured during matches (61%). None sustained injury during warm-up and practice sessions. Among all injuries, 40(45.45%) were sustained while running or attempting to run, and all of those sprained their front foot. While 'only Playing in a ground' recorded the lowest injury rate (29.94%).The higher rates were seen while “playing in ground + on beach”(51.72%) and “playing in ground + on narrow roads” (66.66%). There was a very low injury rate among those wearing soccer boots and sports shoes, 34% and 14.28% respectively.

Among those wearing soccer boots, plastic screw nut soles were associated with the highest injury rate (85.71%). On the other hand normal flat sole, rubber normal studs, plastic normal studs and plastic normal blades showed low injury rates of around 30%. The results showed that when age increased, the awareness on stretching decreased dramatically. It was clearly seen that those who didn't have knowledge of the influence of stretching, inappropriate surfaces and proper footwear on injuries; had more ankle sprains. Finally, among those who injured their ankles within the first six months, 51(58%) players had re-current injuries. This rate was 60% among (17-18) age group.

Conclusion: it was clearly shown that factors such as age, lack of stretching, previous injury, bad playing technique, Improper playing location, unsuitable footwear, unsuitable soles of footwear, and lack of awareness and knowledge increased ankle sprains among teenage football players.



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