



International Journal of Medical and Exercise Science

(Multidisciplinary, Peer Reviewed and Indexed Journal)

ORIGINAL ARTICLE

EFFECTIVENESS OF TECHNICAL TRAINING Vs. PROPRIOCEPTIVE TRAINING TO PREVENT RECURRENCE OF ANKLE SPRAINS IN VOLLEYBALL PLAYERS- A COMPARATIVE STUDY

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Abstract

Background and objectives: Ankle Sprain is one of the major cause of disability in professional volleyball players, which affects on their performance to a great extent, and a history of ankle sprain make the players more susceptible to recurrence of ankle sprain. Objectives of this study was to find out the effectiveness and to compare the effectiveness of the proprioceptive training and technical training immediately after the end of the treatment and after three months in prevention of recurrence of ankle sprain among volleyballers. **Methods:** 30 subjects with previous history of grade I or grade II ankle sprain, within one year were selected for the study. They were divided into two groups equally, 15 in each group A and group B. Group A received five minutes of warm-up, 20 minutes of unilateral balance board training. Group B received five minutes of warm-up, 20 minutes of unilateral vertical jumps. **Results:** Pre and post data were analyzed using Mann-Whitney test, Wilcoxon's sign rank test, paired 't' test. Intra group analysis showed that both groups have shown significant improvement after treatment. In, inter group analysis, the post scores of both groups were compare to find out the effectiveness of one training over other, there was no remarkable difference between the proprioceptive training and technical training. **Conclusion:** The study concluded that proprioceptive and technical training can be an effective treatment to prevent recurrence of ankle sprain in subjects with previous history of grade I or grade II ankle sprain.

Keywords: Ankle Sprain, Single Leg Balance test, Balance Board, Vertical Jumps, Visual Analogue Scale.