

## Injury Assistance *Ankle* on NTB Football Players

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### Abstract

Based on the situation analysis, In the 2023 NTB ASPROV League 3, all medical teams of the league recorded ankle injuries experienced by 55% of the total number of soccer athlete injuries. The purpose of the study was to realize effective and efficient ankle injury assistance for NTB soccer players in preventing ankle injuries. The method used is the solution method, namely by holding socialization, training, assistance, and evaluation of the analysis of ankle injury assistance for NTB soccer players which is good according to the branch of the soccer sport. The sustainability of the program from this community service activity will later produce a chronic post-ankle injury guideline module to improve the performance of soccer athletes in the NTB League 3 event, the participants of which are 15 coaches from each NTB League 3 club. Increasing the competence of coaches in this assistance process, the success of achieving athlete achievement depends on the coach. In the community service activity, the assistance for ankle injuries in NTB soccer players was able to handle ankle injuries as a reference material in formulating athlete training programs after ankle injuries so that it could improve athlete achievement in the field of soccer. The positive response of the coaches to the implementation of community service is very good, so that the coaches can implement the material obtained from the training process. The results of this study so that the assistance of ankle injuries to NTB Football players is realized effectively and efficiently in preventing ankle injuries

**Keywords:** Assistance, injury, ankle, football.

### INTRODUCTION

Football is a very popular sport in the world, with a very high risk of injury. There are various types of injuries to the ball that can be experienced by athletes, namely *contusio*, *cramp*, *sprain*, *strain*, until it happens *fracture* on bones. The injury rate experienced was 13 to 35 incidents per 1000 hours of competitive play, 74% of which occurs from contact with an opponent (Walls RJ, 2016).

Injuries that often occur are ankle injuries. In the FIFA period *world cup* injury incidence rate *ankle* occurs most often, covering 50% of the total incidence of injury mechanisms *ankle* Christian Klein, P. L. (2020), classified into three main factors, namely, (1) Direct contact injuries, injuries that occur due to direct external force or are close to the location of the body where the injury occurs, either through contact with opposing players or objects, including goals and balls. (2) Injuries with indirect contact, as injuries suffered due to external forces; which does not directly cause injury, but affects the quality of movement so that it is indirectly classified as an injury. (3) Non-Contact injuries are injuries that occur without contact with another player or object.

Based on situation analysis, In the 2023 ASPROV NTB League 3, all the league's

medical teams recorded ankle injury numbers experienced by 55% of total injuries to football athletes. Injury *ankle* a challenge for athletes, doctors, physiotherapists and *stakeholders* who are involved in the world of football, considering that injuries can affect a player's performance on the field, Manoel et al. (2020).

These notes from 22 NTB league clubs are divided into two islands, Sumbawa, 12 clubs and Lombok Island. A total of 10 clubs provides information that many players have suffered ankle injuries. Each team has 4-5 injury cases. *The ankle* is the biggest PS. Mataram as many as 10 players from the data above are concerned that the medical and physiotherapy teams will result in a decline in performance of football athletes. The recovery process after injury determines a player's performance when they play again. The league's medical team found players who had a history of injuries, ankle chronic and already undergoing processing *recovery* in accordance with the timeline of performance.

Problems faced by data partners regarding physical condition examinations and assistance carried out before and after the injury *ankle* Chronic is a continuation of the acute phase of injury *ankle*, where tissue changes occur that

cause the ankle to become unstable. This injury is also known as ankle laxity, so it is likely that you will re-injure your ankle while exercising. Injury *ankle* Chronic is a different situation than injury *ankle* acute because the associated ligaments have stretched causing instability, Plisky, P. J., at al, (2021).

In chronic conditions, primary examinations for injured *ankles* are increased pain intensity, decreased tissue flexibility, decreased muscle tone and strength, decreased balance, decreased stability, and as a result impaired movement and ankle dysfunction. This affects the condition of constant discomfort. In addition, this condition may be accompanied by injury *to* more serious ones such as fractures or dislocations and osteochondral defects (damage to the cartilage in the joints *ankle*, Manuel et al. (2020).

Post injury *ankle* Chronic to improve the performance of football athletes at the NTB Liga3 event, this is a type of injury that has a high frequency. Efforts to prevent and handle post-injury training *ankle* in order to improve the performance of football athletes, the NTB Liga3 event must be further intensified. This serves to reduce the risk of post-injury in athletes, so based

on this the title of the service is "Injury support *ankle* on NTB Football players"

## IMPLEMENTATION METHOD

Paying attention to the existing problems, this community service activity is carried out in the form of training which consists of theoretical and practical training. The external target for partners is to increase the expertise of internal trainers Injury support *ankle* on NTB Football players, The target of this community service program is all 15 trainers. The training will be carried out for 4 days starting from Monday-Wednesday, July 2024 at the ASPROV PSSI NTB Building in collaboration with the UNDIKMA Mataram Lab.

This service research program will be realized using an integrated approach through training implementation in accordance with a standardized training activity cycle which includes training needs analysis, training planning, preparation of training materials, training implementation, and training evaluation Mujiman, (2009) Injury support *ankle* on NTB Football players, The methods used in implementing this activity are:

**Table 1.** Activity Implementation Method

No	Activity plan	Method/Approach	Purpose/External
1	Socialization Injury support <i>ankle</i> on NTB Football players	Talk	aims to provide information, input as well as direction to partners and main targets as a form of strengthening commitment to the success of service activities The initial examination analyzes chronic factors to improve the performance of NTB Liga3 event soccer athletes, both internally, age, body composition, post-injury, muscle strength, balance, anatomy
2	Activity Preparation Injury support <i>ankle</i> on NTB Football players	Talk	aims to prepare all the needs for carrying out activities and identify the materials needed, in
3	Counseling: Injury support <i>ankle</i> on NTB Football players,	Talk	The aim of technical guidance is to provide knowledge and input information for inspection management regarding

			preventive steps by implementing post-injury programs <i>ankle</i>
4	Training: Injury support <i>ankle</i> on NTB Football players,	Lectures and Practical	The core activity is to provide material and practice as well as technical guidance for making training exercises. And The training process is monitored and evaluated (money) to find out the extent of injuries to the NTB Liga3 event soccer athletes.
5	Mentoring Injury support <i>ankle</i> on NTB Football players	Lectures and Practical	aims to accompany target partners Injury support <i>ankle</i> on NTB Football players. Assistance and evaluation to increase understanding in identifying risk factors for lower limb injuries and providing first aid through training in practical activities
4	Evaluation, Injury support <i>ankle</i> on NTB Football players	Lectures and Practical	Trainers can analyze and formulate follow-up actions based on test results

The continuation of the program from this service activity will later produce a post-injury guideline module *ankle* to improve the performance of football athletes at the NTB Liga3 event, the mentoring will be carried out for 2 days starting from 4-6 October 2024 at the ASPROV PSSI NTB Office. In more detail the activity method can be explained by following the stages

**RESULTS AND DISCUSSION**

The results obtained from this activity were quite successful, using a collaborative approach with field observations, performance tests and documentation, apart from using lecture, discussion and direct practice methods. At the implementation stage of the assignment method the trainer knows how to carry out the Handling injury support *ankle* on NTB Football players, each trainer and group apply Handling injury support *ankle*.

The results of each group are presented for analysis and feedback in order to support *ankle injury on NTB Football players* The results of the implementation of mentoring are as follows. Attendance of participants taking part injury support *ankle* on NTB Football players and all mentoring processes are carried out and

evaluation and analysis are good results seen from the presence of participants.

Based on the conditions of problems faced by partners, solutions are offered in activity Training in preparing test instruments and measuring physical condition for injury of the ankle on NTB Football players Later it can be used as follows. (a) Manifest injury support *ankle* in NTB football players is effective and efficient in preventing injuries *ankle*, (b) Provide knowledge and skills experience to injury support *ankle* on NTB Football players the realization of a productive, independent and competitive society, (c) HR of ASPROV PSSI NTB athletes in terms of Injury support *ankle* on NTB Football players, can increase motivation for trainers. The number of trainers was 15 participants but those who attended until the end of the training activity were 15 participants consisting of trainers NTB Football.

The success of the Mentoring Solutions Offered is that it provides trainers with knowledge about Injury support *ankle* on NTB Football players. Assistance and evaluation to increase understanding in identifying risk factors for lower limb injuries and providing first aid through training in practical activities and visits to soccer athletes' training activities and

conducting theoretical and practical tests to determine the increase in the level of understanding and skills of coaches and the medical team after injury. *ankle* chronic to improve the performance of football athletes at the NTB Liga3 event.

The target of this community service activity is to help knowledge Injury support *ankle* on NTB Football players. In this community service activity, the goal achieved is to become a trainer who is able to have a direct impact on the community. There are several objectives in this provision: Trainers are given knowledge about Injury support *ankle* on NTB Football players football athletes in a planned and systematic manner. and Athletes Can provide knowledge of benefits and goals Injury support *ankle* on NTB Football players, have excellent physical condition when competing.

Obstacles that may be faced are the lack of knowledge of trainers regarding injury support *ankle*, Lack of interest of coaches and athletes regarding injury assistance *ankle* For NTB football players, many coaches still carry out conventional physical conditions without using technology *sport science* developing in the field of football.

Based on the problems faced by partners, the solutions offered are, Injury support *ankle* For NTB football players, just conventional training on physical condition with the coach's experience as an athlete is not the solution that can be obtained. With injury assistance *ankle* on NTB Football players, providing a significant impact on obtaining data and knowing the priority problems of athletes and coaches after injury *ankle* chronic to improve the performance of football athletes at the NTB Liga3 event.

Research conducted by Velnar (2009), the healing process that occurs in both tissues and organs in the body has almost the same process, namely involving immunology and biological systems in the body, and there will be similarities in the phases that must be passed as a healing process. As well as research conducted by Smith (2012), exercises carried out regularly and systematically in accordance with a well-developed rehabilitation program can have a significant effect on the muscles involved in carrying out the exercise.

By implementing a mentoring program, there is a special post-injury rehabilitation program which aims specifically to return an athlete to his or her best or higher performance as before the injury. The rehabilitation program is structured starting from reducing pain, restoring range of motion in joints, increasing muscle mass, muscle strength, power to muscle endurance which will affect an athlete's performance after injury (Mattacola, 2002).

## CONCLUSION

Increasing the competence of the coach in this mentoring process, the success of the athlete's achievements depends on the coach. In-service activities injury support *ankle* on NTB Football players are able to treat ankle injuries as reference material in formulating athlete training programs after ankle injuries so that they can improve athlete performance in the field of soccer. The trainers' positive response to the implementation of the service was very good, so that the trainers were able to implement the material received during the training process, so that Made it happen injury support *ankle* in NTB football players is effective and efficient in preventing injuries *ankle*,

## SUGGESTION

It is hoped that the results of the service that have been obtained are that the trainer can apply them to the process injury support *ankle* in NTB football players is effective and efficient in preventing ankle injuries. Obstacles that may be faced are the lack of knowledge of trainers regarding injury support *ankle*. Coaches must also improve their abilities continuously, as a manifestation of their professionalism as coaches. knowledge about injury support *ankle* on NTB Football players providing a significant impact on sports injury management, improving physical condition systematically, effectively and efficiently to improve the performance of athletes in the sport of football.

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