

## **Abstract**

An estimated one million patients globally per year will sustain an acute ankle sprain. Eighty to ninety percent of ankle sprains are inversion sprains, with damage involving the anterior talo fibular ligament according to Cathy Duddy, PT, DPT, MS, CSCS. Ankle sprain is known to be the third most common complaint. It occurs frequently in early and middle age due to traumas and sports injuries in performing different activities.

This was a clinical, hospital based, non randomize and non experimental study conducted from various sports and physical therapy rehabilitation centers of Penang.

A cross sectional sample of 100 sports men was taken by using non probability convenience sampling technique. They were personally interviewed by the researcher and their outcomes were recorded on pre designed Performa consisting 27 questions related to ankle sprain The main objective of the study was to find out the impact of timely and regular commencement of physical Rehabilitation therapy of ankle sprain in sports injuries and to find out which grade of sprain is common in sports injuries.

Statistical tests were applied to test the hypothesis and results were found which have shown level of significance to dependent and independent variables.