

Profile of LeFA soccer players injury prevention and rehabilitation strategies

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The researcher observed that Lesotho Football Association teams do not have a strategies for the prevention, management and rehabilitation of soccer injuries. The development of such a strategies may be of economic and soccer developmental benefits to the league. The study aim was to determine strategies for injury prevention and rehabilitation of LeFA soccer players. A descriptive profile was done using a validated questionnaire to determine the preventative and rehabilitation strategies used for LeFA soccer players. The questionnaire was developed following focus group discussions comprising 68 items was used. The standardized questionnaire comprising 68 items had a reliability of $\alpha = 0.772$ on the Chronbach's alpha. Thirteen soccer teams comprising 322 players participated. The mean age of participants was 24.66 ± 3.84 years. Mean years played in premier league were 4.54 ± 3.61 years. Approximately half, 157 (48.8%) participants were full time employed and 18.6% are schooling. All players do not use protective equipment during training and all players only access rehabilitation from physiotherapists during national games or would have to go privately which is unaffordable. Health professionals available during games were mainly physiotherapists 247 (76.7%), and a medical doctor 75 (23.3%). Over a third (35.1%) of players were returned to play after rehabilitation by a physiotherapist, the medical doctors returned 39.1%, and about a fifth (21.7%) were self-returned to sport. Two thirds (66.8%) of players reported to have had adequate rehabilitation. There was a statistically significant difference on the equipment usage and level of education ($F_{3,318} = 6.83, p < 0.0001$ among LeFA players. The study have seen that the level of education the players had didn't influence the good practice of wearing soccer equipment at all times when playing. Most players are returned to play by the physiotherapist and the doctor.

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