



The effect of rehabilitation exercises with body weight and rubber resistance on the range of motion and the strength of the sprained ankle muscles in female rugby players

Baida Razak Jawad ¹, Ali Mseer Yaseen², Shaima Habib Ali ³, Ahmed Amer Abdulhussein ⁴

^{1,2} University of Baghdad, College of Physical Education and Sports Sciences

DOI:

[https://doi.org/10.37359/JOPE.V36\(4\)2024.2209](https://doi.org/10.37359/JOPE.V36(4)2024.2209)

<https://creativecommons.org/licenses/by/4.0/>

Article history: Received 9/ September/2024 Accepted 10/ November/2024 Available online 28/ December/2024

Abstract

The study aimed to prepare a set of qualifying exercises to improve the muscular strength of the muscles surrounding the ankle joint by applying different resistances according to the nature of the movement of this joint, which is one of the second moving joints (flexion, extension and rotation of the right and left) in order to increase the efficiency of all muscles working on this joint according to those movements and identification On the impact of these exercises and assume that there will be statistical differences between the two tests of the research sample. The researcher used the semi-articulated experimental method with a pre- and post-test for one group. The injury was evaluated on the women's national team players during the season (2021-2022), who numbered (18) players, aged (18-20) years, body masses ranging from (51.5-72.5) kg, and lengths ranging (1.61-1.71) meters with an average of (1.68) meters, and the number of the final sample members reached (6) players, representing (33.3%) of the original research community. The following (arithmetic mean, standard deviation, T.test for correlated samples). The results of the study showed an improvement in the kinematic stretches and the strength of the ankle muscles on the various axes of the movement of the foot. He added, however, that the level of development of the strength of the ankle muscles was greater than the level of development of the kinetic stretches. The researcher recommended the necessity of applying the exercises that were used in the research

¹ University of Baghdad, College of Physical Education and Sports Sciences, Baidaa.Kazem@cope.uobaghdad.edu.iq

² University of Baghdad, College of Physical Education and Sports Sciences, ali.mseer@cope.uobaghdad.edu.iq

³ University of Baghdad, College of Physical Education and Sports Sciences, shaima.h@cope.uobaghdad.edu.iq

⁴ University of Baghdad, College of Physical Education and Sports Sciences, ahmed.a@cope.uobaghdad.edu.iq



in the case of an ankle sprain for its effectiveness in improving the functional duty of the foot, and conducting similar research and studies for the rest of the games and on the ankle joint, and special exercises should be prepared for the ankle muscles to avoid injury in the future.

Keywords: flexibility, muscle fibers, tendons.

Introduction

Rugby is one of the most popular sports worldwide, alongside football and cricket. In recent years, the game has gained significant popularity in many countries, attracting players ranging from elementary school students to adults. As a rugby players we need to running, strength, endurance, and contend with various forces within movement, and collisions with opposing players and the physical demands of changing running direction while moving on the field carrying the ball, which increases the risk of injuries due to overuse during training and matches. All these activities make loads and stresses on the musculoskeletal system, leading to various injuries such as tendonitis, sprains, and tears of the ligaments surrounding joints, especially in the lower extremities, and the ankle, which is often prone to sprains and ligament tears. these injuries are painful and frequently occur during collisions with other players or changes in direction suddenly to evade opponents or execute a trick. generally not considered strong injuries, but they can impact negatively in performance and more complex conditions if not properly treated by a qualified sports medicine specialist (Kadhim, 2024).

the ankle joint is the most prone to injury in sports. Previous studies indicate that almost 25% of sports injuries involve the ankle (Fong DT, 2007). rugby have a higher risk of injury compared to other sports, the ankle joint is identified as a site with a high incidence of injury (Yeomans C, 2018; Kaux JF, 2015). Studies indicate that 17.5% of all injuries sustained by rugby players affect the ankle joint, with lateral ligament injuries due to ankle sprains being the most common. This underscores the importance of focusing on the prevention and treatment of injuries, as well as improving rehabilitation programs (Sankey RA, 2008).

Because rugby is a contact sport, traumatic injuries occur in the lower limb joint, which is responsible for movement and all required actions. Sprains can occur as a result of contact forces or rotational forces during rapid changes of direction or contact with other players, according to the nature of the movements in this game, which involves speed and contact. The research problem is how to rehabilitate the ankle joint after injury in a way that ensures increased strength of this joint, speed of the player's return to play, speed of recovery from injury, and restoration of strength and flexibility after injury, which is important for successful rehabilitation. Therefore, the research

aims to prepare a set of rehabilitation exercises to improve the muscular strength of the muscles surrounding the ankle joint by applying different resistances according to the nature of the movement of this joint, which is considered one of the joints of movement, flexion, extension, and rotation to the right and left, in order to increase the efficiency of all the muscles working on this joint according to these movements, and to identify the effect of these exercises. It is assumed that there will be statistical differences between the two tests for the research sample.

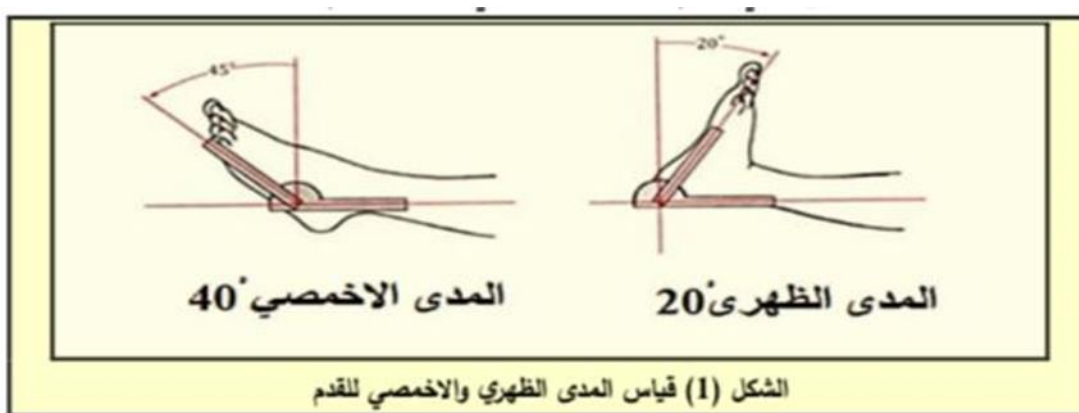
Methods and Tools:

The researchers used a quasi-controlled experimental design with a pre-test/post-test for a single group. The injury was assessed on (18) female national team players during the (2021-2022) season, aged (18-20) years, with a body mass ranging between (51.5-72.5 kg) and heights ranging between (1.61-1.71) meters, with an average height of (1.68) meters. The final sample consisted of (6) players, representing (33.3%) of the original research population. Injuries were assessed by a physician using a detailed injury report form for each case.

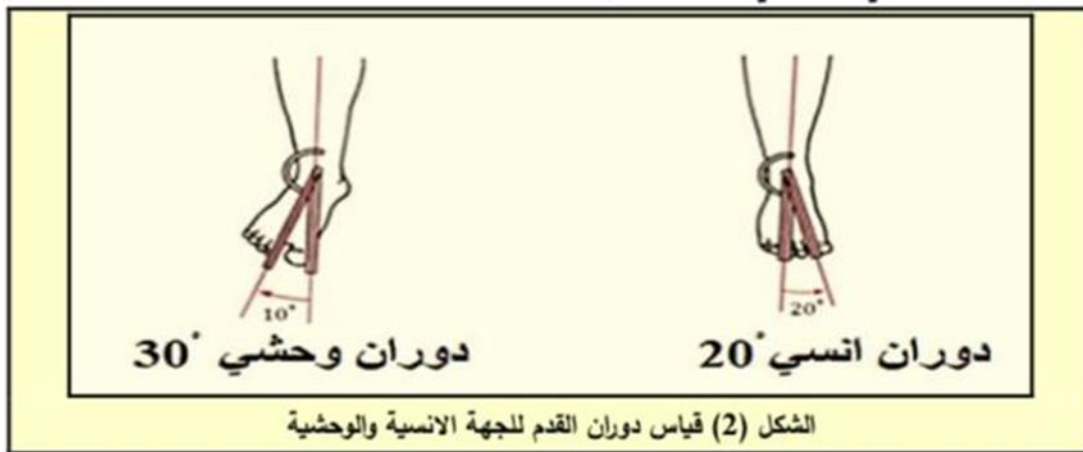
Measurements of Ankle Joint Range of Motion: (Coetzee & Castro, 2004)

Range of motion was measured using a circular goniometer, with the zero position defined as 0 degrees when the foot is positioned at 90 degrees from a supine position. Dorsiflexion of the foot was measured in degrees from the zero position until the foot's axis was read as a moving arm on the goniometer. Similarly, the degrees for plantar flexion, as well as for medial and lateral foot rotation, were recorded, as illustrated in the corresponding figures for each measurement:

- **Measurement of the dorsal range for foot flexion and the plantar range for foot rotation:**



Medial and Lateral Foot Rotation Around the Ankle:



Muscle Strength Testing of the Ankle Joint: (Al-Majeed, 1999)

A dynamometer and a testing platform were used to measure the muscular strength of the ankle muscle group from the following positions: dorsiflexion strength test, plantar flexion strength test, medial ankle flexion strength test, and lateral ankle flexion strength test. The subject adopts a seated position to test ankle strength, with one end of the dynamometer's metal chain attached to the front of the foot being tested, and the other end secured to the dynamometer in a fixed position. The subject then performs the required movement, at which point the dynamometer's indicator records the measurement. Each subject is given two attempts, with the better score being taken.



Field Procedures:



A pilot study was conducted on January 15, 2022, at 2:00 PM, during which the specific tests and exercises were applied to two players. This aimed to assess the participants' understanding of how to perform the tests, the time required for execution, the nature of the exercises to be used in the study, and the efficiency of the supporting team.

The researcher conducted the pre-tests on (20/1/2022) at the (Rugby Gym) hall at (1:30) PM. The movement range tests were started first, then the researcher gave a (15) minutes break to resume ankle strength tests. As for the post-tests, they were conducted on (15/3/2022) with the same timings, procedures and conditions as the pre-tests.

Exercises Used:

Resistances that change position relative to the ankle joint were used to apply force against the muscles acting on the ankle. Elastic bands and linen towels were used in these exercises, with the resistance changing position according to the foot's position and weight distribution. These exercises were performed for 30-35 minutes, four days a week, for a period of six weeks. The difficulty of the exercises was gradually increased according to the achieved range of motion, ensuring that the player did not experience significant pain while performing them. Subsequently, the intensity of the exercises and resistance was gradually increased according to pain indicators and the restoration of joint movement within the required ranges. The implementation of these exercises commenced on January 22, 2022, and continued until March 8, 2022.

Statistical Methods:

The Statistical Package for the Social Sciences (SPSS) was used to extract the following statistical measures: mean, standard deviation, and the paired samples t-test (T.test).

Results:

Table 1 presents the values of the differences for the ankle range of motion tests.

	Variables	test	f	df	S.	Sig.	T	Sig.
1	Dorsiflexion Test	Pre-test	12.43	1.18	6.5	1.312	4.951	.000
		Post-test	18.93	52				.000

2	Plantar Flexion Test	Pre-test	21.97	1.36	11.56	2.164	5.34	.000
		Post-test	33.53	29				.000
3	Mediation Rotation Test	Pre-test	9.10	2.07	6.21	1.397	4.444	.000
		Post-test	15.31	17				.000
4	Lateral Rotation Test	Pre-test	16.97	1.34	9.85	2.003	4.917	.000
		Post-test	26.82	39				.000

Table (1) Difference values for ankle range of motion tests



Figure 4: Values of Test Differences (Pre-Test - Post-Test) for Ankle Range of Motion

	Variables	test	f	df	S.	Sig.	T	Sig.
1	Dorsiflexion Test	Pre-test	10.17	1.472	8.50	.619	13.729	.000
		Post-test	18.67	.516				.000

2	Plantar Flexion Test	Pre-test	9.00	1.549	7.00	.856	8.174	.000
		Post-test	16.00	.894				.000
3	Mediation Rotation Test	Pre-test	8.67	1.633	7.67	.955	8.032	.000
		Post-test	16.33	1.211				.000
4	Lateral Rotation Test	Pre-test	9.00	1.549	6.67	.803	8.305	.000
		Post-test	15.67	1.033				.000

Degree of freedom = 5.... significant at (sig) > (0.05).

Table (2) Difference values for ankle muscle strength tests

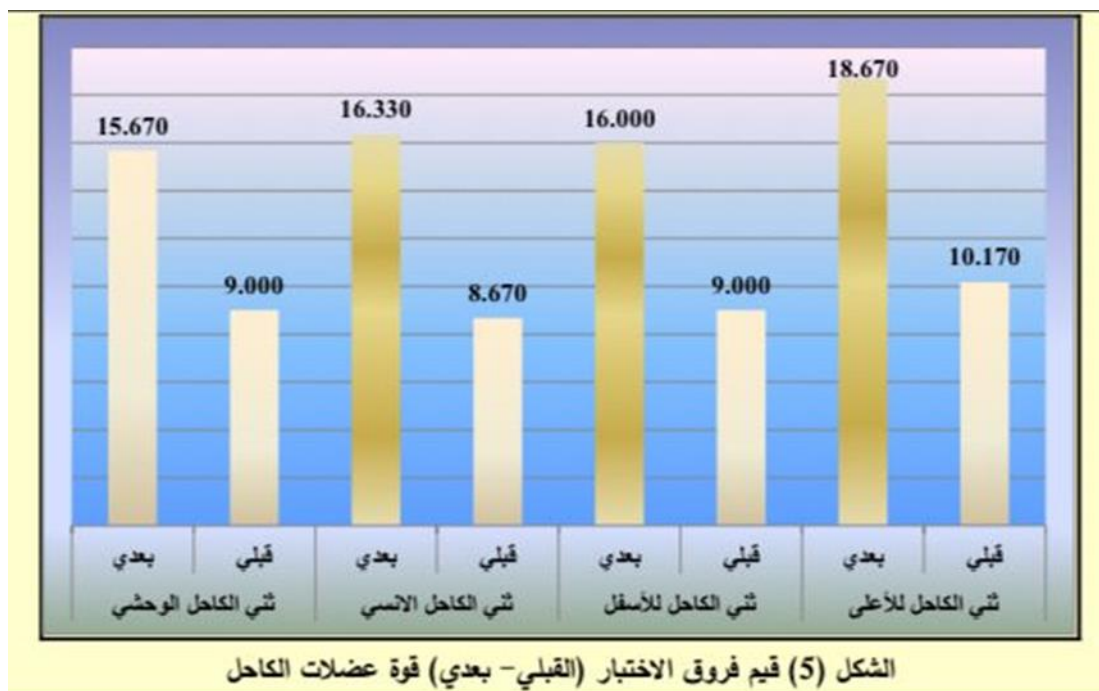


Figure 5: Values of Test Differences (Pre-Test - Post-Test) for Ankle Muscle Strength

Discussion

Table 1 shows significant differences favoring the post-tests of all the range of motion (ROM) assessments conducted on the research sample. The table also indicates that the plantar flexion ranges are greater than the corresponding dorsal flexion ranges, and the lateral rotation ranges exceed those of the medial rotation. Generally, flexion rates are higher than rotation rates, which aligns with the anatomical function of the joint, ligaments, and muscles, as well as the required movement demands. These variables demonstrated different rates of increase: the dorsal flexion test showed an increase of 52.29%, while plantar flexion increased by 52.62%. Medial rotation exhibited a 68.24% increase, and lateral rotation showed a 58.04% increase, suggesting that the rates of increase for rotation are higher than those for flexion.

Table 2 reveals significant differences favoring the post-tests of all ankle muscle strength assessments within the research sample. It shows that the ranges for upward and downward flexion are greater than those for medial and lateral flexion. These variables showed different rates of improvement: in the ankle flexion test (upward), it reached 83.58%; in the ankle flexion test (downward), it reached 77.78%; in the medial ankle flexion test, it reached 88.35%; and in the lateral ankle flexion test, it reached 74.11%.

These results indicate a good improvement in joint movement across these ranges of motion, which is necessary for sustaining pushing, jumping, and running movements during play and training. Ankle is a weight-bearing joint composed of various bones, tendons, and ligaments. These structures together support the body's weight while allowing movement. Asymmetry in dynamic postural control can lead to incoordination in limb movements. Ankle strengthening exercises can help individuals suffering from pain, injury, or mobility issues (Gribble, 2016).

The greatest range of motion reflects the extent of muscle recovery and is determined by the strength of the muscle groups involved in the movement. To improve this range, these groups must be strengthened or rehabilitated if injured, whether for a short period or after a long period (Jaber, 2010).

Regarding physical exercises, it should be noted that researchers used both static and dynamic methods in rehabilitation units. They also employed stretching and relaxation exercises, along with proper training using a combination of static and dynamic contractions, which ultimately contribute to the development of the joint's range of motion. Flexibility is the ability of muscles, their attached tendons, and the ligaments surrounding joints to stretch, allowing them to perform their full or wide range of motion. Flexibility plays a significant role in reducing the incidence of sports injuries and muscle tears, and in preventative measures in general (Qablan, 2012).



Stretching exercises act as countermeasures to movement restrictions by extending the muscles to their maximum possible length. These exercises help to separate and align muscle fibers, allowing them to lie parallel and alleviating adhesions. Regular performance of these exercises can gradually restore most muscle tissues to their natural length over time. The researchers noted that the improvement in range of motion is not solely due to stretching and joint strengthening exercises, but is also associated with a reduction in pain over time. Thus, the enhancement of the range of motion is also linked to the alleviation of injury-related pain by the end of the program, which leads to an increased range of motion and further stretching of the muscles involved (Raouf, 2005).

One of the primary objectives of rehabilitation exercises is to protect the athlete from injury. One method is through high degrees of flexibility training for muscles, ligaments, and tendons, as it significantly enhances safety in performance (Al-Jabali, 2000). Furthermore, the use of elastic bands and supports has a substantial impact on joint range of motion, compelling the athlete to perform movements in various directions, thus stimulating neural signals and enhancing sensory levels to correspond with the range of motion. This type of movement increases joint flexibility and reduces restricted range of motion, leading to improved blood flow to the affected areas, which in turn nourishes the ligaments and muscles. Using resistance bands that provide varying degrees of resistance depending on the type of tension yields positive results in sensory stimulation of the affected area and is compatible with joint flexibility (Dill KE, 2014).

These exercises and tools play a crucial role in increasing joint strength and enhancing physical activity. When these exercises are balanced between strength training and both positive and negative stretching—especially when using elastic bands—they significantly impact the joint's range of motion. There is a relationship between strength and the angle of the ankle joint, especially when these rehabilitation exercises incorporate resistance that compels the joint to achieve a greater range of motion according to training periods (E. Kato, 2013).

Research indicates that the use of resistance plays an important role in improving or maintaining physical performance, and stretching exercises enhance the flexibility of the ankle joint (R. L. Gajdosik, 2007). Regarding the impact of these exercises on joint strength, researchers have noted that strength results are substantial due to the recruitment of numerous motor units. The increase in motor unit recruitment is a consequence of training or implementing rehabilitation exercises tailored to muscle capability, (Ismail & Jawad, 2023) indicating the efficacy of the exercises included in the rehabilitation program, which in turn increases muscle strength and the effectiveness and number of motor units. The use of elastic bands providing resistance based on



the level of tension, (Munaf et al., 2021) coupled with both static and dynamic training methods, is vital for developing muscle strength and contractions. Static muscle training is important for stabilizing and guiding muscle groups to support the athlete's sport-specific form. The benefits of these exercises are maximized when sufficient time is allocated for them. They lead to slight increases in the size of the muscle subjected to such exercises, and athletes can perceive the true value of these training sessions through their sense of strength and improved performance, particularly when training doses are organized correctly between work and rest, (Manaf, 2015) allowing full relaxation of the muscle during isometric exercises, thus overcoming potential issues and injuries. Consequently, significant strength development becomes apparent. Static training offers a greater advantage for developing muscle strength compared to dynamic training (Al-Amir, 2010).

However, if isometric training is utilized excessively, particularly when focusing on one side, while neglecting balanced training, it negatively impacts muscle movement qualities. Thus, the researcher adopted balanced training by incorporating dynamic exercises into the prescribed rehabilitation regimen. This type of contraction alters the muscle length and facilitates muscular adaptation. Positive isotonic contractions are essential for executing athletic movements, leading to an increase in muscle strength, albeit to a lesser extent than that achieved through isometric contractions. Consequently, physical therapists should consider employing either type of exercise (static or dynamic) or a combination of both in-patient rehabilitation, particularly in advanced stages (Georgios Koutras et al., 2012).

In this context, the researchers adapted their exercises based on the tools used and the progression of muscle loading. The use of a graduated approach in rehabilitation exercises yielded positive results in improving muscle strength, considering the varying levels of resistance during the phases of contraction and relaxation. Training with elastic bands that expose the joint to specific types of resistance, (Kadhim, 2024) along with special balance balls and movements performed on them, constitutes an effective method for preparing athletes by utilizing progressively increasing resistances capable of generating or countering strength, enhancing muscle volume and improving performance, alongside changes in joint components, without necessarily employing maximum or sub-maximal resistance (Al-Nimer, 2001).

Furthermore, resistance training has been shown to enhance muscle strength in healthy athletes undergoing rehabilitation, indicating improvements in muscle performance (Harries, 2012). Performance readiness refers to the muscle's capability to withstand rapid and sudden movements in various directions. (Awad et al., 2024) Initially, the program included slow movements aligned with the pain level observed in certain exercises. Rehabilitation using



resistance training also bolsters muscle strength to protect against future injuries or recurrences post-rehabilitation. The researchers considered the progression of load components in terms of intensity, repetition, (Karam Salam Ismaeil & Kadhim, 2023) environmental rest periods, and variations in exercises, which are significantly important and have unique characteristics in both training and rehabilitation. Research has shown that the neuromuscular system responds more effectively when stimulated variably, necessitating surprising adaptations, implying the performance of diverse exercises for several days while altering repetitions, intensity, and exercises on different days (Faraj, 2012).

Static training, where effort remains constant and speed is stationary, tends to favor strength at the expense of speed. The greater the resistance used in training, the more positively it reflects on strength development at the expense of speed, and vice versa in the case of reduced resistance and increased speed during exercise. The development of the dynamic stretching technique favors speed over strength (Saleh, 2015). Furthermore, resistance training, both static and dynamic, has proven successful in increasing joint strength during a 6-8 week rehabilitation period (Jensen, 2014).

The prescribed exercises allowed the sample to perform a greater number of movements during their specific training without experiencing pain, as previously noted during advanced rehabilitation periods. One study found that the use of resistance or elastic bands provided greater resistance in the ankle during single-leg jump tests, demonstrating better control of required movements and injury prevention (Alex Souto Maio et al., 2020).

The goals of ankle injury rehabilitation include controlling chronic inflammatory processes, restoring full range of motion in the ankle, increasing muscle strength, and improving sensory capabilities, which can be achieved through various physical therapy exercises (Shaharudin, 2018). Proper exercise techniques and correct terminologies can significantly assist in fully restoring the ankle's function and strength. The researcher recommends incorporating flexibility and stretching exercises for the joint along with training exercises, as they are highly beneficial for early rehabilitation. (Kazim et al., 2019)

Conclusions

The study results indicate improvements in the range of motion and strength of the ankle muscles across different foot movement axes. Additionally, it was observed that the level of strength development in the ankle muscles exceeded that of the range of motion improvements. The researchers recommend the implementation of the exercises used in this study for ankle sprain



rehabilitation due to their effectiveness in enhancing the functional capacity of the foot, and suggest further research and studies on other sports and the ankle joint, alongside the need for specific training programs for ankle muscles to prevent future injuries.



References

- Abdul Aziz Ahmed Al-Nimr. (2001). The effect of weight training exercises on the rates of improvement in muscle strength and digital levels for short-distance swimmers In the pre-puberty stage. Egypt: Scientific Journal of Physical Education and Sports, Faculty of Physical Education for Boys In Haram - Helwan University, No. 37.
- al Georgios Koutras et. Al.et. (2012). A Randomized Trail of the House of Skantek Opportunities Skantek Rahabeltet Program Iftar Arthur Skabk Mnsktm. (Journal ListInt J Sports Phys Therv7, 1.
- al r. Eduardo Lobo. Marcos Braz. José Carlos de Campos Jr. Alex Souto Maio.et. (2020). Comparison of ankle range of motion and functional performance between practitioners of resistance exercise with free-weight vs. Machine. (MOJ Sports Medicine. Volume4. Issue3.
- Awad, M. K., Qasim, K. J., & Ali, S. H. (2024). Using an educational method according to special exercises to perform the skill of bow and develop flexibility for cub wrestlers in Iraq. *Eximia*, 13, 38–50.
- Awis Al-Gebali. (2000). Sports Training Theory and Application. Cairo: G.M.S. House.
- Begalle RL, Frank BS Dill KE. (2014). Altered knee and ankle kinematics during squatting in those with limited weight-bearing-lunge ankle dorsiflexion range of motion. *J Athl Train*; 49, 6.
- Coetzee, J. C., & Castro, M. D. (2004). Accurate Measurement of Ankle Range of Motion after Total Ankle Arthroplasty (Vols. Volume42, 4). *Clinical Orthopaedics and Related*.
- Farqad Atta Raouf. (2005). A Comparative Study between Two Proposed Methods for Rehabilitation of Soft Tissue Injury of the Ankle Joint and Their Effect on Some Biomechanical Variables . University of Baghdad, College of Physical Education, Page 96.
- Fong D.T., H. Y. (2007). A systematic review on ankle injury and ankle sprain in sports.
- Gamal Sabry Farag. (2012). Strength, power and modern sports training . Amman: Dar Dijlah.
- Gribble, P. B. (2016). Consensus statement of the International Ankle Consortium: prevalence, impact and long-term consequences of lateral ankle sprains. *British Journal of Sports Medicine*, 50.
- Ismaeil, K. S., & Jawad, B. R. (2023). The Effect of Electric Stimulation Using Proposed Apparatus on Static Balance Through Hamstring Muscle Rehabilitating in Athletes Suffering from Mild Muscle Tear. *Journal of Physical Education*, 35(2).



- J. D. Allred, H. L. Gabbert, and B. A. Sonsteng R. L. Gajdosik. (2007). A stretching program increases the dynamic passive length and passive resistive properties of the calf muscle-tendon unit of unconditioned younger women. (*European Journal of Applied Physiology*, vol. 99, no. 4), p.450.
- J., Hölmich, P., Bandholm, T., Zebis, M. K., Andersen, L. L., & Thorborg, Jensen. (2014). Eccentric strengthening effect of hip-adductor training with elastic bands in soccer players. a randomised controlled trial. *British journal of sports medicine*, 48.(4)
- Jawad, B. R., Ali, S. H., & Akbar, R. A. (2024). The effect of using strength exercises to prevent some shoulder joint injuries for national rugby team players. *Journal Mustansiriyah of Sports Science*, 6(2).
- Kadhim, M. J. (2024). Social Networks' Place in Contemporary Political Movements. *International Journal of Social Trends*, 2(2), 51–59.
- Karam Salam Ismaeil, D. B. R. J., & Kadhim, H. A. A. (2023). The effect of using electrical stimulation and massage within a suggested device to restore muscle lengthening for athletes with a moderate-intensity muscle tear in some posterior thigh muscles. *Pakistan Heart Journal*, 56(1), 262–267.
- Kaux JF, J.M. (2015). Epidemiological review of injuries in rugby union. *J.Sports*. 3, 1.
- Kazim, M. J., Zughair, A. L. A. A., & Shihab, G. M. (2019). The effect of zinc intake on the accumulation of lactic acid after cooper testing among football Premier league referees. *Sciences Journal Of Physical Education*, 12(5).
- Manaf, S. M. (2015). Impact of a training curriculum proposed using composite training in technical performance of the effectiveness of the development of throw Gravity of the students of the Faculty of Physical Education. *Al. Qadisiya Journal for the Sciences of Physical Education*, 15(2 part (1)).
- Manaf, S. M. (2022). The effect of a fartlek training program in some physical and biomechanical variables and the achievement of a 200m running for youth. *Karbala Journal of Physical Education Sciences*, 8(1).
- Marwan Abdul Majeed. (1999). Tests, Measurement and Evaluation in Physical Education (Volume 1). Amman: Dar Al Fikr.
- Munaf, S. M., Ali, A. A., & Mohammed, K. S. (2021). BUILDING AND RATIONING SCALE MANAGEMENT CONSTRAINTS OF E-LEARNING FROM THE PERSPECTIVE OF TEACHING THE FACULTY OF PHYSICAL EDUCATION AND SPORTS SCIENCE UNIVERSITY OF BAGHDAD. *Turkish Journal of Physiotherapy and Rehabilitation*, 32, 3.



- Musabaj Ramadan, Al Taher Jaber. (2010). The Effect of a Rehabilitation Program for Trigeminal Neuralgia Injury With a second-degree tear. Page 528. Naif Mufasli Al-Jabour, Subhi Ahmad Qablan. (2012). Sports, Health, Fitness and Flexibility (Volume 1). Amman, Jordan: Arab Community Office for Publishing and Distribution.
- Nashwan, N. A. (2024). Assessment Methods and their Effectiveness in Evaluating Physical Fitness in School Settings. *International Journal of Religion*, 5(6), 657–668.
- Nashwan, N. A., & Allawi, H. M. (2021). Some mental abilities and their Impact on the level of positive and negative defense performance of advanced boxers in the sport of boxing. *Multicultural Education*, 7(4), 52–61.
- Nor S. Mohd Salim. MS.c. Muhammad A. Umar. MS.c. Shazlin. Shahrudin. (2018). Effects of the standard physiotherapy program on pain and isokinetic ankle strength in individuals with grade I ankle sprain. *Journal of Taibah University Medical Sciences*. Volume13, Issue6.
- S.K. Lubans, D.R. Callister Harries. (2012). Resistance training to improve power and sports performance in adolescent athletes: Asystematic review and meta-analysis. *Journal: of Science and Medicine in Sport*. ISSN: Volume5, 15 Issue: Provider: Elsevier.
- Sankey R. A., B. J. (2008). The epidemiology of ankle injuries in professional rugbyunion players. *Am J Sports Med*. 36, 12.
- T. Kurihara, H. Kanehisa, T. Fukunaga, and Y. Kawakami E. Kato. (2013). Combined Effects of Stretching and Resistance Training on Ankle Joint Flexibility. (*Physiology Journal*).
- Yeomans C, K. I. (2018). The incidence of injury in amateur male rugby union: a systematic review and meta-analysis. *SportsMed*, 48, 4.
- Zeina Abdul Amir. (2010). The effect of isometric and isotonic muscle training exercises on the level of jumping in volleyball. *Journal of Sports Education Studies and Research*, page 15.
- Zuhair Saleh. (2015). The effect of strength training using the fixed, dynamic and mixed tension method in improving the hurdle stride time and achieving the 110m hurdles event for youth. University of Karbala, College of Physical Education and Sports Sciences.