**Prevalence and Functional Impact of Ankle Sprains in Athletes: A Cross-Sectional Study**

**Background**

Ankle sprains are common sports-related injuries that can cause long-term functional impairment. This study examined the prevalence of ankle sprains, the relationship between the number of sprains and functional ability using the FAAM-Sport scale, and the influence of BMI and weekly soccer play on ankle function.

**Methods**

A total of 191 participants were included. Data on age, BMI, frequency of weekly soccer play, and ankle sprain history were collected. Functional impairment was assessed using the FAAM-Sport Score. Since the data were not normally distributed, Spearman’s correlation was used to analyze the relationship between the number of ankle sprains and FAAM-SP scores. A multiple linear regression model determined whether BMI, number of sprains, and weekly soccer play frequency predicted FAAM-SP scores.

**Results**

The prevalence of ankle sprains was 57.07%, with 32.46% affecting the right ankle, 10.99% the left, and 13.61% both ankles. The mean age was 25.5 years (SD = 6.39), BMI was 24.15 (SD = 11.49), and FAAM-SP Score was 24.72/32 (SD = 7.08). A moderate negative correlation (ρ = -0.344, p < .001) was found between the number of sprains and FAAM-SP scores, indicating worse functional ability with more injuries. The regression model was significant (R² = 0.042, p = .047), with the number of sprains (p = .009) as the only significant predictor of functional impairment. BMI (p = .372) and weekly soccer play (p = .664) were not significant predictors.

**Conclusion**

Frequent ankle sprains impair functional ability, emphasizing the need for injury prevention and rehabilitation to reduce recurrence and improve mobility. Further research should explore targeted interventions to minimize long-term impairment.

**Keywords**

Ankle sprain, prevalence, FAAM-Sport, functional impairment, sports injuries, rehabilitation