

**UNIVERSITI TEKNOLOGI MARA**

**ASSESSING THE ACCURACY OF ESTIMATED  
REHABILITATION PERIOD FOR  
KNEE INJURIES AMONG A-LIST FOOTBALLERS**

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## ABSTRACT

This study aims to assess accuracy of estimated rehabilitation period for knee injuries among A-list footballers. The study use secondary data. The data had been collected from A-list football club which are Kedah FA, Perak FA and Negeri Sembilan FA. Data were analyzed by using multinomial logistic regression and odds ratio. The first objective is to identify the factor that affects the accuracy of rehabilitation time estimation. The findings of the study revealed that the variable that is significant in affecting the estimated period rehabilitation time for knee injury is leg variable. The second objective is to assess the likelihood effect of each factor in improving the accuracy of rehabilitation time estimation. The findings of the study proved that for players who were estimated to have longer time to recover, medical team should advice players to use non-dominant leg to improve the accuracy of rehabilitation time. For recurrent injury, it is advisable for the medical team to give more time than the estimated time for players with history of the same injury to make sure they can heal better.

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