

عنوان مقاله:

Examining the Prevalence of Lower Body Disorders Among Male Lower-Secondary Education Students in Kermanshah

محل انتشار:

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خلاصه مقاله:

Background: Skeletal disorders affect the individual's physical fitness and outcome in everyday life and athletic activities. Objectives: The study examined the prevalence of different disorders of lower body among male students of lower-secondary education. Methods: A sample of ۳۹۰ male lower-secondary education students in Kermanshah was selected using cluster sampling. The variables examined were muscle length shortening, supinated foot, hallux valgus, pes cavus, flat foot, genu varum, knock knees, genu recurvatum, and Knee flexion. The mean and standard deviation of the age of the students were ۱۳.۷ ± ۰.۵ years, ۴۰.۷۸ ± ۳.۰۵ kg for weight, and ۱۵۰.۰۱ ± ۶.۶ cm for height. Data were collected through physical examinations of the lower limb using New York test, pascscope, caliper and determination of body type using Sheldon's method. Descriptive statistics were used for data analysis. Results: Only ۱۸.۹۳% of the students examined had normal condition, whereas ۸۱.۰۷% of them had one of the abnormalities in the lower limbs. Knee flexion with ۳.۸۵% and supinated leg with ۴.۱% had the lowest and hallux valgus and genu varum with ۵۳.۸۵% and ۳۸.۷۲%, respectively, had the highest prevalence. Regarding body types, ۶۱.۸% of the students had ectomorph, ۲۱.۷۹% endomorph, and ۱۶.۴۱% mesomorph body types. Conclusion: The results showed that larger and more mobile joints have less resistance and more vulnerability compared to smaller joints, whose motion range is limited by more muscles and strong ligaments. The lowest incidence rates of abnormalities were related to congenital abnormalities and abnormalities with high prevalence rates, mainly due to the lack of attention to proper shoes and the activity form of the organs involved with large joints.

کلمات کلیدی:

Abnormality, Lower Limb, Male Students

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