عنوان مقاله:

Patellofemoral Pain Syndrome in Young Adult Women With Low to Moderate Physical Activity Levels

محل انتشار:

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خلاصه مقاله:

Objectives: To assess the prevalence and associated factors of Patellofemoral Pain Syndrome (PFPS) in young women with low to moderate Physical Activity (PA) levels. Methods: Women with low to moderate PA, aged between ۱۸ and ۴۰ years, were enrolled in this study. A Thai version of the Kujala patellofemoral questionnaire (KPQ), history taking, and physical examination were used to screen and confirm the diagnosis of PFPS. Demographic features, including age, Body Mass Index (BMI), PA, knee alignment, and static foot posture, were recorded. Logistic regression analysis was conducted to determine confounding factors associated with PFPS. Results: A total of ۱۰۱۱ women with a Mean±SD age of ۲۵.۵۱±۶.۷۹ years participated in this study. The prevalence of PFPS was ۱۵%. Age, BMI, PA, knee alignment, and static foot posture were not significantly associated with PFPS in this population. Discussion: Although the participants were young adults with low to moderate PA, the prevalence of PFPS was in the same range as the highly active groups. None of the factors investigated in this study could predict PFPS occurrence. Based on the findings, the risk factors of PFPS seem to be complex and individualized. The early diagnosis and treatment of PFPS should therefore be considered in this age group.

کلمات کلیدی:

Patellofemoral pain syndrome, Women, Young adult, Physical activity

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