

عنوان مقاله:

Investigation of patellar angular position and its relation to pain and functional ability in athletes with lateral patellar compression syndrome

محل انتشار:

کنگره سراسری رویکرد پزشکی ورزشی در آسیب و سمینار تازه های علوم ورزشی (سال: 1398)

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خلاصه مقاله:

Background and purpose: The purpose of this study was to examine the patellar angular position and its association with pain and functional ability in athletes with lateral patellofemoral compression syndrome. Materials and methods: From men and women athletes with lateral patellofemoral compression syndrome that have symptoms of this disorder only in one knee, 25 people were selected and their contralateral non-affected knees were considered as control group. Joint pain and functional ability were assessed by Visual Analogue Scale and WOMAC Index, respectively. Imaging from patellar alignment was done in Laurin view by digital radiology. Data were analyzed through independent-samples t and Pearson correlation coefficient tests. Results: Tilt angle ($P=0.001$), lateral shift ($P=0.003$) and congruence angle ($P=0.001$) of patella were significantly more in symptomatic knees than in asymptomatic knees. Patellofemoral pain was significantly correlated with tilt angle ($P=0.001$) and congruence angle ($P=0.008$). Also, functional ability was significantly correlated with tilt angle ($P=0.003$) and congruence angle ($P=0.001$). But, patellar mediolateral shift had no significant correlation with pain or functional ability ($P>0.05$). Conclusion: The results of this study imply that the patella is more laterally placed in knees with lateral patellofemoral compression syndrome than in non-affected knees. Also, knees that had more tilt (or congruence) angle had higher pain and functional disability. Hence, it is recommended that correction of patellar alignment to be a priority for therapeutic purposes

کلمات کلیدی:

patellar position, functional ability, lateral patellar compression, patellofemoral pain, athletes

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