

Journal of Sports Medicine and Therapy

Volume - 4, Issue - 3

Research Article

Published Date:-2019-08-16 00:00:00

[Comparison of selected lower limb biomechanical variables between university of ibadan sportsmen with and without patellofemoral pain syndrome](#)

Patellofemoral pain syndrome is common among athletes who participate in jumping, running and pivoting sports. The aim of this study was to compare selected lower limb biomechanical variables between University of Ibadan students (athletes) with and without patellofemoral pain syndrome.

The research design for this study was a case control survey and a purposive sampling technique was used to recruit participants. Two hundred and twenty two (191(85.8%) males and 31 (14.2%) females) sportsmen participated in this study. The participants' age was between 20-29 years. Forty sportsmen tested positive to Clarke's test while 27 sportsmen tested positive to Eccentric step test. Measurements of static quadriceps angle, hamstring tightness and navicular height were taken for all participants.

Data were analyzed using descriptive statistics of mean, standard deviation, percentages and inferential statistics of Independent 't' test.

The mean lower limb biomechanical variables of participants with patellofemoral pain syndrome were $13.18 \pm 2.37^\circ$, $106.46 \pm 16.11^\circ$ and 1.21 ± 0.61 cm while those without were $13.65 \pm 2.46^\circ$, $128.95 \pm 25.36^\circ$ and 1.03 ± 0.58 cm for static quadriceps angle, hamstring tightness and navicular height respectively. There was no significant difference ($p > 0.05$) in selected lower limb biomechanical variables between participants with and without patellofemoral pain syndrome.

In conclusion there was no significant difference in static quadriceps angle, hamstring tightness and ankle pronation between participants with and without patellofemoral pain syndrome. It was recommended that PFPS development is probably multifactorial with other functional disorders of the lower extremity apart from the selected variables.

Research Article

Published Date:-2019-08-09 00:00:00

[Assessment of shoulder pain and somatic dysfunction in young competitive swimmers: Preventive Osteopathic Manipulative Treatment](#)

Context: Shoulder pain is one of the most frequent reported complaints in intensive competitive swimming. The so-called 'swimmers' shoulder' has been widely explored and has been reported sometimes without specific reference to contributing mechanisms or structures. Somatic dysfunction is defined as an impaired or altered function of related components of the somatic system and may appear in the early stage of pain feeling.

Aim: To evaluate somatic dysfunctions in a group of young competitive swimmers with and without shoulder pain and its relationship with the shoulder's mobility along with the efficacy of an osteopathic manipulative treatment (OMT) on shoulder's mobility, pain, and comfort of swimming.

Material and method: 20 competitive swimmers (14.6 ± 1.3 ys; 11.6 ± 2.4 hs.wk⁻¹) were divided into two groups, with and without shoulder pain (SPG/CG). Before and after light touch/OMT, and 1 week later, somatic dysfunctions, shoulder's range of mobility, pain, and swimming comfort were assessed by 2 independent osteopaths.

Results: Somatic dysfunctions were observed in both groups without significant differences in the number or localization and were independent of severity of pain. In the SPG, pain decreased significantly after OMT (6.1 ± 1.9 vs. 3.9 ± 1.8 ; $p = 0.001$) and remained stable 1-week later ($P = NS$). Shoulder's mobility was lower on the aching shoulder in the "shoulder pain" group when compared to the control group on flexion and abduction tests but not on extension or adduction tests. Following OMT, only abduction improved when compared to light touch. Comfort in swimming was reported as "better" in both OMT/light touch groups.

Conclusion: There is no difference between light touch and OMT as both decreased pain and increased comfort in swimming but abduction range of motion only improved in the OMT group.

Research Article **Published Date:-2019-07-23 01:00:00**

[Analysis of the characteristics of chinese traditional sports culture in the new period](#)

Through cultural consciousness, the characteristics of traditional Chinese sports culture in the new period are analyzed and studied, and the traditional Chinese sports culture in the new period has the following six characteristics: 1. Sports social model of "etiquette" 2. Sports personality model of the gentleman's way; 3. The sports behavior mode of the golden mean; 4. The social nature of sports of socialism with Chinese characteristics; 5. Sports cultural nature of emotional culture; 6 limited competitive sports competition.

Short Communication **Published Date:-2019-07-23 00:00:00**

[Triathlon challenge – from craggy to crazy a different kind of pain management program](#)

Ironman Wales sept 14th 2014

Sea swim (2.4 mile), bike ride (112 mile) and Marathon (26 mile), all in one day!

There are lessons that the 7.8 million UK Chronic Pain patients can learn from the world of endurance sports, and vice versa [1]. The training, psychological tools and strategies used by athletes to complete an endurance event, are equally relevant for those with chronic pain, who wish to regain some form of "normal" life if treatment therapies have failed [2,3].

This is my reflection of how, using some of the techniques involved in Pain Management Programs, I trained for an Ironman Triathlon in just over one year.

Review Article **Published Date:-2019-07-15 00:00:00**

[Predictive vision on governance and total quality in sports](#)

The aim of our study is to try to give a predictive vision on governance in the field of sports in Algeria.

This predictive approach looks at the overall quality of governance in order to be at the continental level or even across the Arab world.

To identify this and answer our questions, we conducted a survey of some leaders of the different sports institutions, namely the presidents of clubs (football, handball, athletics and judo), managers also have a sports experience and occupy currently responsible positions as managers of sports facilities.

The results of the survey we reveal significant figures on the component related to sports development prospects.

However, there are other aspects that are ambiguities in the management and organization that have an impact on good governance in sports.

Opinion **Published Date:-2019-07-11 00:00:00**

[The science of enduring pain. What can athletes and chronic pain patients learn from each other?](#)

“It isn’t the mountains ahead to climb that wear you out; it’s the pebble in your shoe.” Muhammad Ali

What mind strategies can an endurance athlete use to get their body that bit further or faster, to be a finisher? At “top-level” sport, some say it’s all in the mind!! When we push ourselves to the limit, we experience adversity. How and if we overcome that, will define us, and our achievements.

“Adversity causes some men to break; others to break records.” William A. Ward (Inspirational Writer)
