FACULTY OF CLINICAL SCIENCES

COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS

13th Annual Scientific Conference & Gathering

THEME

Environmental Virology, Exposomics and Epigenetics

VENUE

Old Great Hall, College of Medicine,
University of Lagos, Idi Araba,
Lagos State

DATE

WEDNESDAY 8TH JUNE 2016

TIME

8.00 am - 5.00pm

• PROGRAMME & BOOK OF ABSTRACTS •

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SUBTHEMES

Non-communicable diseases: environmental and genetic influences
Public health financing and resource limitation

CHAIRMAN

Professor Rahamon A. Bello
Vice Chancellor, University of Lagos

SPECIAL GUEST OF HONOUR

Dr. Olajide Idris
Honourable Commissioner for Health, Lagos State

GUEST SPEAKER

Professor Sunday Aremu Omilabu
Professor of Virology
College of Medicine, University of Lagos

VENUE

Old Great Hall, College of Medicine, University of Lagos, Idi Araba

DATE: Wednesday June 8th 2016 **TIME:** 8:00 am – 5:00 pm

Conference website

www.cmulfcsconference.com

FCS/FM/16/67

ASYMMETRIC SHOULDER KINEMATICS PREDISPOSES TO SHOULDER PAIN IN VOLLEY BALL PLAYERS

AIYEGBUSI AI, OWOEYE IO, FAPOJUWO OO, AKINBO SR

Department of Physiotherapy, Faculty of Clinical Sciences, College of Medicine, University of Lagos

Correspondence: Owoeye IO; Email: obowoeye@unilag.edu.ng

Background: Volley ball players are at high risk of shoulder injury due to core instability and faulty biomechanics which results in subsequent shoulder pain. This study examined the relationship between shoulder kinematics and shoulder pain in volleyball players in Lagos, Nigeria.

Methods: The study was a cross sectional analytical survey which involved 81 professional and amateur volley ball players who had been playing actively for at least a year. Past history of shoulder pain was obtained. Goniometry measurements for shoulder flexion, extension, and internal rotation were obtained using a standard goniometer. Lateral Scapular Slide Test (LSST) and the Forward Shoulder Posture (FSP) were also measured for each participant. All data were analyzed using a descriptive statistics of mean and standard deviation, frequency and percentage. T-test was used to determine the difference in dominant and non-dominant shoulder.

Results: The prevalence of shoulder pain was 49.2%. Pain in the dominant shoulder was more prevalent in professional players. There were significant differences in the kinematic profiles between the dominant and non-dominant sides $p<0.01$.

Conclusions: Asymmetry in scapular position and forward shoulder posture can predispose an athlete to shoulder pain that can interfere with an athlete's career at one point or the other.

Keywords: Shoulder pain, shoulder kinematics, volleyball.