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
13th Annual Scientific Conference and Gathering

THEME
Environmental Virology, Exposomics and Epigenetics

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

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Conference website
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ASYMMETRIC SHOULDER KINEMATICS PREDISPOSES TO SHOULDER PAIN IN VOLLEY BALL PLAYERS

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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 volleyball 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.