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

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.cmulfcscconference.com
PREVALENCE OF ACHILLES TENDINOPATHY AND ITS ASSOCIATION WITH PHYSICAL CHARACTERISTICS IN RECREATIONAL SPORT PARTICIPANTS IN LAGOS, NIGERIA.

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Background and Objectives: Achilles tendinopathy (AT) is the most frequently reported injury related to the ankle and foot in different sport activities. Much attention has been paid to elite athletes in competitive sports but there is paucity of data on its prevalence in recreational sports. This study investigated the prevalence of AT and its association with selected physical characteristics in a population of recreational sport participants in Lagos, Nigeria.

Methodology: This was a cross sectional analytical study that involved 302 recreational sports participants in various sport centers in Lagos state. The Royal London test was used to assess for the presence of AT, while the VISA-A questionnaire was used to evaluate the severity of Achilles tendinopathy among the participants. Data on physical characteristics of gender, age, weight, height and BMI was obtained for all participants. Data collected was summarized using descriptive statistics and analyzed using Pearson Chi-Square. Level of significance was set at p≤0.05.
**Results:** Our findings show that 21% of the participants had Achilles tendinopathy. Gender, height and weight showed no significant association with Achilles tendinopathy, however, the age of the participants showed a significant association with the prevalence of Achilles tendinopathy.

**Conclusions:** Achilles tendinopathy is common among recreational sports individuals in Lagos, Nigeria, age being a contributing factor while other physical characteristics had no impact.

**Keywords:** Tendinopathy, Achilles tendinopathy, recreational sports.