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Paper: Equity

Prevalence of Chronic Musculoskeletal Disorders among adult and adolescent athletes who do weight lifting as a sport in North Eastern Province of Sri Lanka

Weight lifting is done as a sport in many countries in the world and there are many chronic musculo skeletal disorders such as low back pain, knee pain etc., associated with this sport. It is believed that incorrect techniques and training habits with regard to warm up, stretching, fluid intake, nutritional intake etc., are associated with the development of these musculoskeletal disorders.

Objectives:

- (i) Determine the prevalence of musculoskeletal disorders among weight lifters.
- (ii) Determine whether their training habits differ from the guidelines recommended by International Federation Sports Medicine (FIMS).

A descriptive cross sectional study was done on people doing weight lifting as a sport and living in North Eastern part of Sri Lanka. All of them were national level competitors. A structured interview was administered, and a questionnaire was used to collect data with regard to their demographic data, symptoms related to musculo skeletal symptoms, training habits, timing of fluid and nutritional intake etc. Thereafter the training habits, timing of nutritional intake and fluid intake were compared with FIMS guidelines.

The total sample was 42, with an age range of 13-29 yrs. Mean age (SD) 23.3 (4.36). Males accounted for 85%. Musculo skeletal disorders were present in 85% of subjects. Pain in lower back, wrist, knee and shoulder were present in 35%, 29%, 24% and 24% respectively. Fifty six percent of people who lift ≥ 56 Kg and ≥ 5 days/week had two or more musculo skeletal disorders. With regard to warm up and stretching exercises and fluid intake, all the players were following FIMS guidelines. However, all the players had their main meal < 3 hrs before the practice session and this is not complying with FIMS guidelines.

Of the significant number affected with musculo skeletal disorders, low back pain was the commonest disorder. Lifting ≥ 56 Kg and ≥ 5 days/week caused the highest number of disorders.