

HIP ROTATION RANGE OF MOTION IN PEOPLE WITH AND WITHOUT LOW BACK PAIN WHO PARTICIPATE IN ROTATION-RELATED SPORTS

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ABSTRACT

Objective of the Study

To evaluate the hip rotation range of motion was different in people with and without low back pain regularly participate rotation related sports.

Background of the Study

Among people who participate in rotation related sports those having low back pain less overall hip rotation motion and more asymmetry of rotation between sides than people without low back pain.

Methodology

30 patients of male sports persons were selected from the ACS medical college sports persons Chennai -77. The duration of the study 3 months Visual analogue scale and Goniometer was used before analyzing the pain and activities.

Data Analysis

Comparing between both groups, the LBA group had significantly less rotation range of motion ($p_{0.001}$) and without LBA group ($p_{0.22}$) highly significant with subjects.

Result

There is significant difference between group A and group B. The people LBA group had less total rotation range of motion when compared with LBP.

Conclusions

Among people who participate in rotation related sports those history of LBP less over all hip rotation more asymmetry in hip rotation compared to those without history of low back pain.

KEYWORDS: Hip Rotation Range of Motion, Low Back Pain, Goniometer, Visual Analogue scale

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