

عنوان مقاله:

Comparison lower limb kinematics between runners with iliotibial band syndrome and healthy

محل انتشار:

کنفرانس بین المللی تحلیل حرکت (سال: 1399)

تعداد صفحات اصل مقاله: 3

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خلاصه مقاله:

The Iliotibial Band syndrome (ITBS) is a common overuse injury. Altered lower limb kinematics have been reported as one of the major risk factors for ITBS. The purpose of this study was to compare lower limb kinematics in iliotibial band syndrome and healthy runners. 10 ITBS and 10 healthy runners participated in this study. Kinematic data were collected by eight high speed cameras (200 Hz VICON motion capture system) during running. The results showed the hip adduction, hip internal rotation, knee internal rotation, ankle dorsiflexion in ITBS were significantly higher than control. While rearfoot eversion were significantly lower than control ($P < 0.05$). No significant differences were seen in knee flexion in two groups. In conclusion, kinematic changes during running have been identified as key factors related to ITB. Since kinematic disturbances can also affect the kinetics of pattern, so it is recommended to study the kinetic changes of the joints in ITBS.

کلمات کلیدی:

Iliotibial Band syndrome- Running- Biomechanics- Kinematics- overuse injury

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