Prevalence of Upper Cross Syndrom in rural women in Qazvin province

Poster Presentation

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Abstract

Introduction: In a fast-paced world of technology that is changing people's lifestyles and reducing mobility, rural women who were once a mobility model have not been spared. This study aimed to investigate the prevalence of Upper Cross Syndrome in rural women in Qazvin province.

Methods: The present study was a descriptive-comparative study. The statistical population of this study was rural women in Qazvin province with an age range of 15-65 years and an average age (41.88±15.70); in this research, 3023 people participated and were divided into four groups with different age ranges. Subjects were selected by snowball sampling method. The collection tools included a consent form, musculoskeletal abnormalities registration form, checkerboard, and New York test. Descriptive statistics were used to show the prevalence of anomalies, and the Kruskal-Wallis test was used for group comparison in SPSS software version 24.

Results: Kruskal-Wallis test showed that in the variables head forward (p = 0.001), shoulder forward (p = 0.008), and kyphosis (p = 0.001(, there was a significant difference between groups. Also, the results of the prevalence of UPC in rural women showed that the prevalence of head-forward deformities was 60.2%, shoulder-forward 52.8%, and kyphosis 53.9%, which is the highest prevalence related to head-forward abnormality.

Conclusion: The results show that the prevalence of musculoskeletal abnormalities of the upper Cross Syndrome in rural women in Qazvin province has a high prevalence in the age range of 35-31 years and 50-36 years. Therefore, researchers believe that providing information about the prevalence of postural disorders can effectively design preventive programs.

Keywords

Rural; Musculoskeletal abnormalities; Upper Cross Syndrome; Prevalence