

Therapeutic Effect of 12 Weeks of Sensorimotor Exercise on Pain, Functionality and Quality of Life in Non-athlete Women With Patellofemoral Pain Syndrome

Authors : Kasbparast Mehdi, Hassani Zainab

Abstract : Aim: The purpose of this research was to investigate the effectiveness of therapeutical sensorimotor exercise. The statistical population of women who were diagnosed with patellofemoral pain syndrome by a doctor and were between the ages of 35 and 45 and registered for the first time in a sports club in the 4th district of Tehran, 30 people by random sampling and according to The include and exclude criteria were selected and divided into 2 equal control and experimental and homogeneous groups (in terms of height, weight and BMI). In both control and experimental groups, the pain was measured using a Visual Analog Scale (VAS) functionality was measured using the step-down test and quality of life was measured using a World Health Organization Quality of Life Scale (WHOQOL-BREF) (pre-test). Then, only the experimental group performed sensorimotor exercises for 12 weeks and 3 sessions each week, a total of 24 sessions and each session for 1 hour, and during this period, the control group only continued their daily activities. After the end of the training period, the desired factors were evaluated again (post-test) in the same way as the pre-test was done for them (experimental group and control group), with the same quality. Findings: The statistical results showed that in the experimental group, the amount of pain, function and quality of life had a statistical improvement ($P \leq 0.05$). Conclusion: In general conclusion, it can be stated that using sensorimotor exercises not only improved functionality and quality of life but also reduced the amount of pain in people with patellofemoral pain syndrome.

Keywords : pain, PFPS, sensori motor training, functionality

Conference Title : ICSS 2023 : International Conference on Sport Science

Conference Location : Istanbul, Türkiye

Conference Dates : July 24-25, 2023