

# Prevalence of Chronic Muscular Skeletal Pain and Associated Factors of Adult and Adolescent Weight Lifters. Descriptive Cross Sectional Study

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to various regions of the muscular skeletal system. Prevalence of pain in the lower back (22%), wrist (22%), knee (24%) and shoulder (20%) was high in our study (Table 1). The minimum pain intensity according to the NRS scale was 3 (mild pain) and the maximum pain intensity was

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of repetitions and the number of sets these three training related items were not included in the analysis to find out the association between the number of regions in the muscular skeletal system affected by pain and training habits.

According to IFSM guidelines the pre training main meal needs to be taken 180 min before starting the physical training activity. In the present study all the weight lifters had their main meal <180 min before the training session (Table 2). This habit could contribute to abdominal discomfort during training [21].

This study is one of the very few studies that have investigated all the regions in the muscular skeletal system affected by chronic pain and studied the association between the training habits and the regions of the muscular skeletal system affected by chronic pain.

Due to lack of funds the athletes were not investigated using a method such as the MRI scan. Therefore we were not able to identify whether there were any anatomical structures that were affected which would have been contributing to the pain in various areas of the muscular skeletal system.

The low back pain, knee pain and wrist pain were the most common symptoms in the present study. The weight lifter in this study was not following the accepted strength training guidelines recommended by the International Federation of Sports Medicine with regard to training frequency/week and session duration/day. Only the training frequency/week had a significant positive association with the number of regions in the muscular skeletal system affected with chronic pain. Our findings will be useful to trainers, medical and paramedical personnel to provide advice to athletes with regard to prevention of injuries during training.

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