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PREVALENCE OF UPPERLIMB MUSCULOSKELETAL DISORDER AMONG SILAMBAM PRACTITIONERS-PREVALENCE STUDY.

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Background: Silambam is a traditional martial art practiced widely in South India, characterized by repetitive upper-limb movements such as striking, blocking, gripping, and weapon rotation. These repeated and forceful actions are believed to impose biomechanical stress on the upper-limb joints and soft tissues, which may predispose practitioners to musculoskeletal disorders. However, evidence regarding the prevalence of upper-limb musculoskeletal disorders (ULMSDs) among Silambam practitioners is limited. Understanding the occurrence of such conditions is essential for developing preventive training techniques and improving musculoskeletal health among practitioners.

Purpose: To determine the prevalence of ULMSDs among Silambam practitioners and to assess whether the practice of Silambam is associated with an increased occurrence of ULMSDs.

Methods & Materials: A Prevalence study was conducted among the Silambam practitioners and assessed using DASH Questionnaire to collect information regarding pain, discomfort, and functional limitation in upper-limb regions.

Result: Statistically analyzed data revealed that overall prevalence of ULMSDs among Silambam practitioners was low, In this 63.33% DASH SCORE of 0.50 to 10, 34% DASH SCORE of 11 to 20 and 2.66% DASH SCORE of 21 to 30. Indicating no significant musculoskeletal impact attributable to Silambam practice. The analysis showed no significant differences in upper-limb disorder occurrence when compared across different age groups, duration of practice, or training intensity levels. This suggest that regular Silambam practice did not show an increased risk of developing upper-limb musculoskeletal disorders in the study population.

Conclusion: The Prevalence of ULMSDs among Silambam practitioners in the studied population was relatively low, indicating a negative association between Silambam practice and upper-limb musculoskeletal disorder. This suggest that Silambam, when practiced with proper technique and training supervision, may not contribute significantly to upper-limb musculoskeletal strain. Continued emphasis on correct technique, warm-up exercises, and training posture may further help in preventing potential musculoskeletal issues and maintaining practitioners' functional well-being.

Key Words: Silambam, DASH questionnaire, Upper-limb musculoskeletal disorders, Posture, Biomechanical stress.