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PILOT- PREVALENCE OF SCAPULAR DYSKINESIA AMONG NETBALL PLAYERS IN PUDUCHERRY.

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Background: Scapular Dyskinesia is defined as an alteration in the normal position or motion of the scapula during shoulder movement. It is particularly prevalent among athletes involved in repetitive overhead sports. In netball, repetitive actions such as passing, shooting, and defensive overhead movements place significant biomechanical demands on the shoulder complex, predisposing athletes to scapular instability.

Purpose: To determine the prevalence of scapular dyskinesia among netball players in Puducherry using the Lateral Scapular Slide Test (LSST).

Methods & Materials: A pilot cross-sectional study was conducted among 50 male netball players selected through convenient sampling. Participants Scapular positioning was assessed using Lateral Scapular Slide Test at three positions: at rest (0°), 45° abduction (hands on waist), and 90° abduction with internal rotation. A difference of more than 1.5 cm between both sides was considered indicative of scapular dyskinesia. The findings were further classified using Kibler's classification into Type 1, Type 2, Type 3, and Type 4. Data were analyzed descriptively and expressed in percentages.

Results: Out of 50 participants, 39 players (78%) demonstrated normal scapular kinematics (Type 4), while 11 players (22%) exhibited scapular dyskinesia. Among the abnormal patterns, Type 2 dyskinesia (medial border prominence) was the most common (10%), followed by Type 1 (inferior angle prominence) at 8%, and Type 3 (superior border elevation) at 4%. No abnormalities were observed in the resting position, while deviations were primarily noted during dynamic shoulder movements.

Conclusion: The study reveals that the prevalence of scapular dyskinesia among netball players in Puducherry is 22%, indicating a moderate presence of dysfunction. These findings highlight the importance of early screening and targeted rehabilitation programs focusing on scapular stability and neuromuscular control. Incorporating preventive strategies in training may help reduce the risk of shoulder injuries and enhance overall athletic performance.

Keywords: Lateral Scapular Slide Test, scapular dyskinesia, Netball players, Shoulder dysfunction, Biomechanical stress.