

Analysis of locomotor disorders in women with excessive body weight in relation to selected lifestyle elements

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ABSTRACT

Objective: The aim of this study was to evaluate the prevalence of locomotor disorders in overweight and obese women attending physiotherapy treatments compared to normal-weight subjects, taking into account selected elements of their lifestyle, i.e. leisure activities and diet.

Materials and methods: The study was conducted in a group of 222 women aged 35-45 years who attended outpatient physiotherapy treatments at the Health and Rehabilitation Centre in Biala Podlaska for chronic diseases of the locomotor system between September and November 2021. Based on the value of the BMI index, the subjects were divided into three groups: normal BMI values, overweight, and obese. The prevalence of locomotor disorders was evaluated in these groups. A diagnostic survey method using the

author's questionnaire was used to determine leisure-time activities and diet.

Results: It was proved that the nature of degenerative changes in the locomotor system is related to the value of the body mass index (BMI) and the lifestyle of the subjects. In women with a normal BMI, lumbosacral and cervical spine pain as well as painful shoulder syndrome and tennis elbow were the most common. In contrast, in overweight and obese subjects, in addition to lumbosacral spine pain, knee and hip pathological states were the main reasons for physiotherapy treatments.

Conclusions: Overweight and obese women make more dietary mistakes than those with a normal BMI and prefer passive leisure activities.

Keywords: osteoarthritis, obesity, overweight, lifestyle, women

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