

THE EFFECT OF SEX ON PAIN AND HAMSTRING LENGTH IN PATIENT WITH PATELLOFEMORAL PAIN

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Abstract

Back ground: patellofemoral pain (PFP) is pain in the retro patellar or per patellar region of the knee. Objective: to evaluate effect of gender on pain severity and hamstring length in patient with PFP Methods: this was a cross sectional study on 46 athletes with PFP. Hamstring length and pain was measured. Mean differences (T-test) and Pearson correlation coefficient was calculated. Results: Mean (standard deviation) values for popliteal angle and VAS in two group were 153.52(10.46) and 5(2.1) respectively. Discussion& Conclusion: this study did not show any association between sex. No association between the hamstring length and self reported pain severity were found. Further research is needed.

Key words: knee, popliteal angle, Pearson correlation