

The Prevalence of Skeletal Disorders among high School Girl Students in Ardabil in 2019

Abstract

Background: *Having a healthy human resource is the basis of growth and development of any society. Therefore, knowing the physical condition of students and providing appropriate solutions to eliminate possible abnormalities has great importance.*

Aim: *To determine the prevalence of skeletal disorders among high-school girl students in ardabil in 2019.*

Methods and materials: *A total of 384 female students studying in high schools in Ardabil in the academic year 2019 were included in this study by cluster sampling. The research tools were plummet (guideline), matrix sheet, mirror box and the personal characteristics questionnaire. Data were analyzed by SPSS software, version 24.*

Results: *Prevalence of postural disorders were as follows: uneven shoulders (51.6%), forward head (32.3%), lumbar lordosis (25.5%), kyphosis (24%), genu varum (10.2%), scoliosis (9.9%), flat feet (8.3%), hallux valgus (7.3%), genu valgum (3.6%), and flat back (3.1%). There was no significant relationship between students' body mass index status with any of the skeletal disorders.*

Conclusion: *The results of the present study showed that the highest percentage of postural disorders among high -school girl students in Ardabil was related to uneven shoulders and the lowest percentage was related to flat back. Also, There was no significant relationship between students' body mass index status with any of the skeletal disorders.*

Keywords: *postural disorders, girls, high-school*