

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

Abstract

Background: *Maintaining and promoting the health of children is one of the health pillars of any society and it is necessary to identify the pattern of children's diseases in order to provide appropriate medical services and health care.*

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

Methods and materials: *A total of 336 female students studying in elementary 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 (49.4%), forward head (32.4%), kyphosis (23.8%), lumbar lordosis (22.3%), flat feet (11.2%), hallux valgus (9.8%), scoliosis (9.8%), genu varum (7.4%), genu valgum (5.7%), and flat back (2.7%). There was a significant relationship between students' body mass index status with uneven shoulders ($P=0.001$), kyphosis ($P=0.002$), and lumbar lordosis ($P=0.002$).*

Conclusion: *The results of the present study showed that the highest percentage of postural disorders among elementary school girl students in Ardabil was related to uneven shoulders and the lowest percentage was related to flat back. Also, the frequency of uneven shoulders, kyphosis, and lumbar lordosis were significantly higher among lean and very lean students.*

Keywords: *postural disorders, girls, elementary school.*