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The relationship between the prevention of musculoskeletal diseases and physical activities in adolescent girls

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Abstract

Background: The purpose of this study was to investigate the effect of physical activity on the prevention and treatment of postural abnormalities in young girls. Young girls who are transitioning from childhood to adolescence have significant changes in their bodies. In fact, this transitional period is where men and women begin to diverge in terms of body composition, skeletal shape, muscle strength, neuromata control, and bone mass. Adolescent girls can prevent musculoskeletal diseases with proper physical activity. Therefore, greater awareness and a certain level of caution should be exercised to help prevent potential harm to adolescent girls.

Methods: In this systematic review, online databases (Medline, EMBASE, Scopus, Web of Science, Cochrane Library, CINAHL, CIVILICA, and Google Scholar search engine) were searched with the keywords prevention musculoskeletal diseases, physical activities, adolescent girls without time limit until 2023.

Results: The ability to make change and the power of choice in all areas of life, including the body, has expanded among teenage girls, and the use of appropriate and correct physical activities has prevented musculoskeletal diseases. For those who work in the field of adolescent physical activity. It is a reminder to choose activities to prevent musculoskeletal diseases so that teenagers are not exposed to many diseases and injuries.

Conclusion: Choosing the right physical activity and doing it correctly and intervening in the thoughts of teenagers and consulting with teenagers are suggested as an effective solution by coaches, professors, psychologists and sociologists. The result of this activity is that young girls implement a healthy lifestyle and proper physical activity in their daily life to prevent skeletal and muscular problems.

Keywords: prevention of musculoskeletal diseases -physical activities -adolescent girls