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The Association of Femoral Anteversion, Q-Angle, and Foot Pronation on Lower Limb Injuries among University Students

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Background of Study: Lower limb injuries are the most common injuries in young adults and athletes affecting performance and daily functions. However, some factors related to these injuries are not fully known. Therefore, this study aims to determine the association of femoral anteversion, Q angle and foot pronation on lower limb injuries among university students.

Materials and Method: This study utilized a quantitative, cross-sectional, correlational research design. One hundred and four university students were recruited in a local university in Malaysia. BMI, Craig's test, Q-angle and navicular drop test were measured and collected from each participant.

Results: The prevalence of ankle injuries (43.3%) is high followed by knee (26.9%) and hip injuries (4.8%). Results imply that there is no significant associations of femoral anteversion, Q angle and foot pronation on lower limb injuries among university students. However, a significant association is found between race and knee injuries ($p=0.015$), sex with femoral anteversion ($p=0.044$), and Q angle ($p=0.000$) and foot pronation ($p=0.002$).

Conclusion: There is no association of femoral anteversion, Q angle and foot pronation on lower limb injuries among university students. The prevalence of ankle injuries is high followed by knee and hip injuries among university students. Other factors associated with lower limb injuries should be considered when designing a more comprehensive assessment and treatment plan.