

LUMBAR LORDOSIS, PAIN INTENSITY AND TYPE OF WORK IN WOMEN PARTICIPATING IN FITNESS ACTIVITIES

PATRYCJA PROSKURA¹, MAŁGORZATA SOBERA²

Department of Athletics and Gymnastics, University of Physical Education in Wrocław, Poland

Mailing address: Patrycja Proskura, University of Physical Education in Wrocław, Department of Athletics and Gymnastics, 35 I.J. Paderewskiego Avenue, 51-617 Wrocław,
e-mail: patrycjaproskura@wp.eu, tel.: +48 71 3473372

Abstract

Introduction. The aim of this study was to examine women participating in fitness activities regarding their level of disability in daily activities and lumbar lordosis. **Material and methods.** Data were collected from 68 females between the ages of 25-70 participating in fitness exercises. The Oswestry Disability Index was applied to measure the level of disability due to the low back pain in everyday life. The angle of lumbar lordosis was measured using a Saunders' digital inclinometer. **Results.** The results of the study confirmed the existence of problems related to low back pain in people performing sedentary work. There were no correlations between lumbar lordosis angle and the level of disability in daily activities of the groups. The low back pain increases especially among people performing sedentary work. **Conclusions.** The results of this study suggest that work in a sitting position is not associated with a decrease in the angle of lordosis in relation to another work than in a sitting position. Sitting work can be an indirect cause of back pain and slight disability in everyday life by weakening postural muscles.

Key words: back pain, sedentary work, The Oswestry Disability Index