

Short Communication-2

Occurrence of Bioccipital Tendonitis/ Rotator Cuff Tendonitis in the Subjects involved in Bench- Press Activities in Gymnasium

Raju Sharma¹ & Jaspreet Singh Vij²

¹ Lecturer, Department of Physiotherapy, Lyallpur Khalsa College, Jalandhar, Punjab

² Lecturer, S. Bhagwan Singh Postgraduate Institute of Biomedical Sciences and Research, Balawala, Dehradun

Abstract

The study was conducted to register the occurrence of Bioccipital/ Rotator Cuff Tendonitis in the subjects involved in Bench Press Activity in gymnasium. Fifty male subjects (age group 20-30 years), having shoulder pain for at least three weeks, were selected randomly and were interviewed for the present history of shoulder pain, from various gymnasia. The subjects were interviewed through a questionnaire and assessed using standard orthopedic examination techniques. The value of Z (3.68) >3 showed a definite relationship between subjects doing Bench Press activity in gymnasium and occurrence of Bioccipital / Rotator Cuff tendonitis. This study gave preliminary data on the incidence of tendonitis in subjects who train with weights. Occurrence of these shoulder injuries can be prevented by a proper knowledge of the technique, supervision and knowledge about the mass of poundage lifted.

Key Words: **Hawkin's Test, isometric abduction, isometric external rotation, injury**

Introduction:

It is commonly seen that people going to gymnasium are more impressed by the amount they can bench as compared to they can dead lift or squat. So the use of gymnasium equipment is becoming increasingly popular both at home and in leisure centers and in gymnasia. But, people are unaware of the various risk factors involved or even the proper technique of lifting. Therefore at last they sustain some form of injury.

Shoulder injuries are the most common injuries, which occur among weight lifters and power lifters¹. Among body builders and power lifters, the upper extremity, particularly the shoulder and elbow joint, showed the highest injury rate. More than 40% of all injuries occur in this

area. The low back region and the knee were other sites of elevated injury occurrences².

The objective of this study was to register the occurrence of Bioccipital/ Rotator Cuff Tendonitis in the subjects involved in Bench Press Activity in gymnasium.

Materials and Methods:

Fifty subjects (age group 20-30 years), having shoulder pain for at least three weeks, were selected randomly and were interviewed for the present history of shoulder pain, from various gymnasia. These subjects were regular to gymnasia for more than 3 months and were specifically involved in Bench Press Activity for upper limb training. Those subjects who were involved major in other lifts such as lateral