

ABSTRACT

INCIDENCE OF BIOMECHANICAL HIP MISALIGNMENT IN RUNNERS WITH REPETITIVE HAMSTRING INJURIES

Differences in femoral head height were measured in 15 runner athletes from both sexes who experienced repetitive hamstring injuries and were compared to 15 injury-free runners using a one-sample t-test. Such measurements were performed on full spine radiographs in standing anatomical position.

Mean (\pm SD) differences in femoral head height were .86 (.46) for the injured group and .1867 (.26150) for the noninjured group. Age, weight, height, and leg length were recorded and compared between groups with no significant differences.

Results of statistical analysis revealed a significant difference (.007) in femoral head height between the groups.

In conclusion, runners who had sustained hamstring injuries had larger femoral head height differences than their uninjured counterparts.

Martin Palavicini
May 2003