

was 67.71 kg (± 9.39), and mean BMI was 25.65 kg/m² (± 2.83). A total of 57.12% were white. UI episodes in the last three months were reported by 85.71%, with a weekly frequency of once or less (42.86%) and only a small amount of urine loss (85.71%). The most prevalent type was MUI (71.42%), followed by SUI (28.57%). No cases of UUI were reported. UI was not a limiting factor for running. Regarding QoL, 42.86% reported a mild impact, 28.57% moderate, and 14.29% severe. **Conclusion:** This study found a low prevalence of UI among female runners, with a predominance of MUI, contrary to the literature which suggests that SUI is the most common in high-impact athletes. UI did not cause limitations in sports practice and had a mild to moderate impact on QoL. Future research should explore associated factors and expand the sample to other regions of Brazil to develop preventive and therapeutic strategies.

Implication: This study contributes to the literature by addressing a gap in knowledge on the prevalence and impact of urinary incontinence in female runners from northern Brazil. The findings may enhance preventive and therapeutic strategies, supporting physiotherapists in pelvic floor rehabilitation. Additionally, they highlight the importance of pelvic health in women's sports, encouraging early interventions to minimize impacts on athletic performance and QoL.

Keywords: Urinary Incontinence, Running, Female

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ASSOCIATION BETWEEN THE LUMBOPELVIC STABILITY TEST AND MUSCLE STRENGTH IN SWIMMING ATHLETES

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Background: The trunk plays an important role in transferring energy to the distal body segments during sports gestures. This region can be assessed through the lumbar-pelvic stability test, where the degree of pelvic tilt is observed, and muscle weaknesses can be identified by the presence of pelvic drop. In swimmers, the factors associated with lumbopelvic stability are poorly understood, including the isometric muscle strength of the muscles of the trunk, shoulder, hip, and knee.

Objectives: To evaluate the association between the lumbopelvic stability test and isometric muscle strength of regions of trunk, shoulder, hip, and knee in swimming athletes.

Methods: This is a cross-sectional study approved by the research ethics committee. The inclusion criteria were swimmers athletes of both sex, age between 18 and 60 years old, with competitive practice in the past one year, and regular training for at least twice a week. Lumbopelvic stability was assessed using the one-legged bridge test with spherical markers on the anterior superior iliac spines, where the pelvic tilt (in degrees) was observed and recorded. Two-dimensional analyses were conducted using Kinovea 0.9.5 software (Kinovea Open Source Project) for Windows®. Additionally, the peak of isometric muscle strength of the shoulder elevators, shoulder internal and external rotators, lower trapezius, serratus anterior, trunk extensors and flexors, hip extensors,

abductors, and rotators (HIPSIT), hip flexors, and knee extensors were assessed using a hand-held dynamometer (Lafayette, Model 01165A). The association between the lumbopelvic stability test and strength was verified using multiple linear regression. Data analysis was performed using SPSS Inc., Chicago, IL version 23.0.

Results: A total of 27 athletes participated in the study, with mean age of 32.78 $\pm$ 14.64, 6.96 $\pm$ 6.05 years of sports practice, and 15 (56 %) were men. The results of the lumbopelvic stability test showed a significant association ($p = 0.026$) with the muscle strength of the hip flexors, explaining 15% of the test. Additionally, the standardized beta ($\beta = -0.42$) showed a negative result, indicating that the greater the strength of this muscle group, the smaller the pelvic tilt. All other muscles were not significantly associated with lumbopelvic stability tests.

Conclusion: The lumbopelvic stability test is associated with the muscle strength of the hip flexors in swimming athletes.

Implications: The study suggests the importance of thoroughly evaluating the strength of the hip flexor muscle group in swimming athletes, as it is the main influencing group in the lumbopelvic stability test, which can affect the pelvic tilt, leading to biomechanical imbalance and potentially becoming a risk factor for pain or injuries.

Keywords: Kinetic chain, risk factors, athletes

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SLEEP QUALITY IN SWIMMERS WITH AND WITHOUT SHOULDER PAIN: A CROSS-SECTIONAL ANALYSIS

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Background: Musculoskeletal injuries are common in high-performance overhead athletes. Current studies indicated that injuries can be influenced by various factors, including psychological, biological, and social aspects. Sleep quality is an essential factor for the physical and mental health of athletes and can be influenced by several variables, such as anxiety, stress, and nutrition. Poor sleep quality may increase the risk of injury. Therefore, clinicians should assess sleep quality using validated instruments, such as the Pittsburgh Sleep Quality Index (PSQI). Nevertheless, it is still unclear the role of sleep quality in the shoulder pain of swimmers, due to the lack of studies directly evaluating the relationship between these factors. Our study hypothesizes that athletes with shoulder pain will present poorer sleep quality, compared to those without shoulder pain.

Objectives: To compare sleep quality between swimmers with and without shoulder pain.

Methods: This is a cross-sectional observational study, which was approved by the Ethics Research Committee. We included competitive swimmers with or without musculoskeletal shoulder pain, of both sexes, aged between 12 and 60 years, with at least one year of competitive experience and a training regimen of at least twice a week. Sleep quality was assessed using the PSQI, which consists of

19 items across seven domains, as well as five additional questions for the bed partner. Statistical analysis was performed using the Statistical Package for the Social Sciences (SPSS), version 23.0. Data normality was assessed using the Shapiro-Wilk test. Between groups-comparisons for normally distributed data were conducted using Student's t-test, while the Mann-Whitney U test was used for non-normally distributed data. Effect size (Cohen's d) was calculated for between-group differences.

Results: A total of 49 competitive swimmers were included in the study, with a mean age of $30,82 \pm 14,34$, $7,18 \pm 6,41$ years of sports practice, and 22 (44,9%) were women. The mean and standard deviation of the PSQI score for each group were as follows: Shoulder pain group: 6.30 ± 0.43 and no shoulder pain group: 5.90 ± 0.45 . Results from comparison analysis indicated no statistically significant difference between the groups ($p = 0.53$; Mean difference (95% CI): $0.40 (-0.90 \pm 1.71)$; Effect size (Cohen's d) = 0.90).

Conclusion: The results indicate no statistically significant difference in sleep quality between athletes with and without shoulder pain.

Implications: The results of this study suggest that sleep quality is not different between swimmers with and without shoulder pain. However, different findings may be found using other measurement instruments for assessing sleep quality.

Keywords: Athletes, Shoulder Pain, Sleep Quality

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PROFILE OF PARA ATHLETES AND CHARACTERIZATION OF SPORTS INJURIES DURING THE 2023 PARALYMPIC SCHOOL GAMES

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Background: Injuries during the physiological growth phase can not only compromise the development of sports skills, but also impair the physical development expected for their age group. Adaptive mechanisms to training are the main determinants of the prevalence and location of injuries, traumas and musculoskeletal complaints. Despite advances in research on the performance and health of para-athletes, there is still a significant gap in knowledge about the epidemiology of sports injuries in young para-athletes, leaving aside the particularities of the young population, which has distinct physical and psychological characteristics, which makes it difficult to create preventive protocols and appropriate treatment strategies.

Objectives: Identify and characterize the profile of para-athletes participating in the competition and analyze the occurrence of sports injuries in para-athletes during the 2023 School Paralympics.

Methods: This is an observational, descriptive and analytical study designed according to the recommendations of the STROBE protocol (Strengthening the Reporting of Observational Studies in Epidemiology). The study was developed during the national stage of the 2023 edition of the Brazilian School Paralympics. The inclusion criteria were students of both sexes with physical, visual and intellectual

disabilities, aged between 11 and 18 years, regularly enrolled in the school they were representing and attending elementary, high school or special education in public or private schools. The participating para-athletes were recruited at the Brazilian Paralympic Training Center at two different times: on competition days during the moments preceding their events (first stage) and at the end of the para-athletes' participation in the championship (second stage). Two questionnaires were used as data collection instruments: the general data questionnaire for participants, applied in the first stage, and the Oslo Sports Trauma Research Center - Questionnaire on Health Problems (OSTRC-BR), applied in the second stage. All questionnaires were applied in person, in an individual interview and during the sporting event.

Results: The sample consisted of 640 para-athletes, 253 (60.5%) female and 387 (60.5%) male, with a mean age of 14.06 years. 41 (14.9%) of the participants reported injuries/illnesses, and the team with the highest percentage of injured members was from the state of Tocantins (14.8%). Most of the injured athletes had intellectual disabilities (41.46%), practiced athletics (56.9%) and were in the final years of elementary school (21.95%), with a mean age of 14.56 years, and the majority were male (56.86%).

Conclusion: A significant difference was observed in the occurrence of injuries between young people who had been practicing sports for more than 2 years and those who were just beginning their sports career. It is suggested that future studies explore each sport modality, the types of disabilities and the amateur or professional profiles of the participants in more specific ways, reducing biases and obstacles in parasports research.

Implications: This pioneering study fills a gap in knowledge about the profile of young para-athletes and raises a reflection for teams that monitor para-athletes, highlighting the essential role of physiotherapy in preventing and treating injuries and in improving sports performance in a safe manner.

Keywords: Sports Injuries, Musculoskeletal Injuries, Parasports

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KEY FACILITATORS IN PHYSICAL THERAPY ASSESSMENT IN BRAZILIAN DEAF SPORTS

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Background: Deaf Sports play a fundamental role in fostering self-esteem, quality of life, and social inclusion within the Deaf Community. Physical therapy is essential for maintaining the functional capacity of athletes who are Deaf and Hard of Hearing (D/HoH), yet specific challenges arise due to sociocultural and communication barriers. Effective communication strategies are crucial to ensuring accurate assessments and optimal treatment. Despite the growing recognition of these challenges, there is limited research exploring facilitators that enhance the assessment process for athletes who are D/HoH in Brazil.

Objectives: This study aimed to identify and analyze key facilitators that support physical therapists in conducting assessments of athletes who are D/HoH in Brazil, considering linguistic and