

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:  $6.30 \pm 0.43$  and no shoulder pain group:  $5.90 \pm 0.45$ . 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

**Conflict of interest:** The authors declare no conflict of interest.

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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