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 ± 14,34, 7,18 ± 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 ± 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

technological resources that contribute to effective interaction and clinical evaluation.
Methods: A qualitative cross-sectional study was conducted using focus group discussions. Brazilian physical therapists, both male and female, with at least three months of experience in Deaf Sports participated. Two online focus group sessions were held via Google Meet®. The discussion guide was developed by the research team based on existing literature on physical therapy and Deaf Sports. Data analysis was performed using Braun and Clarke's (2006) Thematic Analysis approach and Bardin's (2016) Content Analysis principles.
Results: Four physical therapists participated in the research and identified several key facilitators for the physical therapy assessment of athletes who are D/HoH. The presence of sign language interpreters was highlighted as essential for conducting comprehensive evaluations and ensuring clear communication. The use of technology, such as messaging apps and smartphones, was also considered a significant tool in bridging communication gaps. Additionally, lip reading and the use of gestures were reported as complementary methods to enhance interaction. The utilization of Brazilian Sign Language (Libras) and assistance from oralized athletes who are D/HoH further facilitated the assessment process.
Conclusion: The findings indicate that multiple strategies contribute to improving communication and assessment efficiency in the physical therapy care of athletes who are D/HoH. The integration of interpreters, technological resources, and alternative communication methods strengthens the therapist-athlete interaction and enhances evaluation accuracy.
Implications: These results emphasize the need for an inclusive approach that incorporates sign language interpreters, continuous training in sign language, and the adoption of digital communication tools in clinical practice. Supporting the use of these facilitators can significantly enhance accessibility, inclusion, and the overall effectiveness of physical therapy services for athletes who are D/HoH in Brazil.
Keywords: Physical Therapy Services, Persons With Hearing Impairments, Sports for Persons with Disabilities

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ANXIETY AND DEPRESSION IN SWIMMERS WITH AND WITHOUT SHOULDER PAIN: A CROSS-SECTIONAL ANALYSIS

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Background: Musculoskeletal injuries are common in overhead sports. Repetitive use of the upper limb in specific movements can lead to the development of pain and significant functional impairments, affecting athletic performance and quality of life. Psychological factors, such as anxiety and depression, can influence athletes' performance and overall well-being, particularly in those experiencing musculoskeletal pain. Shoulder pain is a common issue among swimmers due to the high demands of repetitive overhead movements, potentially impacting their mental health. Identifying whether athletes with shoulder pain present higher levels of anxiety and depression can provide valuable insights for developing comprehensive rehabilitation strategies that address both physical and psychological aspects. The Hospital Anxiety and Depression Scale (HADS) is a widely used tool for assessing anxiety and depression symptoms in clinical and research settings. However, the relationship between shoulder pain and psychological distress in competitive swimmers remains unclear.
Objectives: To assess whether athletes with shoulder pain present higher scores for anxiety and depression based on the HADS.
Methods: This is a cross-sectional observational study, which was approved by the Ethics Research Committee. We included competitive swimmers, both with and without musculoskeletal 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. Anxiety and depression were assessed using the HADS, which consists of 14 questions divided into two subscales. 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. No statistically significant differences were found between the groups for anxiety and depression. For the total HADS score the mean difference was 0.41 ((95% confidence interval [CI]: -3.094, 3.92, p = 0.81); Effect size (Cohen's d) = 1.74). For the anxiety subscale the mean difference was (0.85 ((95% CI: -1.34, 2.98, p = 0.44); Effect size (Cohen's d) = 1.83). For the depression subscale the mean difference was -0.43 ((95% CI: -2.22 to 1.35;p = 0.62); Effect size (Cohen's d) = 0.014).
Conclusion: The results indicate no statistically significant difference in anxiety and depression scores between athletes with and without shoulder pain.
Implications: The results of this study suggest that the anxiety and depression scores are not different between swimmers with and without shoulder pain. However, different results may be found using other measurement instruments to assess the anxiety and depression scores.
Keywords: Athletes, Anxiety, Depression

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PREVALENCE AND IMPACT OF CERVICAL AND SHOULDER PAIN ON RUNNING PERFORMANCE: PARTIAL SURVEY RESULTS FROM BRAZILIAN RUNNERS

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Background: Lower limb musculoskeletal injuries in runners are well-established in the literature; however, musculoskeletal injuries of the upper limbs related to running have been less frequently studied, and its impact on running performance remains unknown.