

knowledge with the caregivers, providing guidance on child development and receiving information about the care to be provided, evidencing the exchange of knowledge and the empowerment of caregivers.

**Conclusion:** Physiotherapeutic care had a positive impact on the neuropsychomotor development of infants and children, highlighting the importance of early assessment and intervention and the insertion of professional physiotherapists in this practice scenario.

**Implications:** Emphasize the importance of evaluation, early intervention, and the insertion of professional physiotherapists in shelter institutions.

**Keywords:** Child Development, Institutionalization, Welcome Child

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

**Acknowledgments:** Not applicable.

**Ethics committee approval:** Universidade Federal de Juiz de Fora - CAAE: 57326616.5.0000.5147.

<https://doi.org/10.1016/j.bjpt.2024.100822>

226

## ENVIRONMENTAL BARRIERS TO THE PARTICIPATION OF CHILDREN AND ADOLESCENTS WITH CEREBRAL PALSY IN THE COMMUNITY: A DESCRIPTIVE STUDY

Kamila Pacheco Martins<sup>1</sup>, Paula Silva de Carvalho Chagas<sup>2</sup>, Amanda Quenupis Alves Coelho<sup>1</sup>, Aline Braga de Castro<sup>1</sup>, Érica Cesário Defilipo<sup>1</sup>

<sup>1</sup> Universidade Federal de Juiz de Fora (UFJF), Campus avançado de Governador Valadares, Governador Valadares, Minas Gerais, Brasil

<sup>2</sup> Universidade Federal de Juiz de Fora, Juiz de Fora, Minas Gerais, Brasil

**Background:** Children and adolescents with cerebral palsy (CP) do not have the same opportunities as their peers without disabilities due to environmental barriers, therefore, the identification of community barriers is necessary to understand the aspects that may restrict participation in this context.

**Objectives:** To describe the barriers found in the environment of children and adolescents with CP that restrict participation in the community.

**Methods:** Descriptive study, carried out with data collected between August 2021 and January 2023, from Participa Brasil, a multicenter study with Brazilian children and adolescents with CP. Those responsible for minors were interviewed online or in person, using a questionnaire on environmental factors and the Participation and Environment Measure for Children and Youth (PEM-CY). In this study, only the PEM-CY data referring to the community were analyzed descriptively.

**Results:** The participants were 145 children and adolescents, with a mean age of 8.7 years (SD=2.7), of which 82 (56.6%) were boys. The GMFCS was classified as I (11%), II (29%), III (11%), IV (13%) and V (30%). The environment was considered a barrier to participation in the community for 48.4% of participants. Of these, 34.5% and 30.5% reported that "generally it makes more difficult" the child's participation in the community aspects such as the way in which the furniture, objects and physical structures of the environments were organized and the physical aspects necessary for the child performs to activities in the community, respectively. On the other hand, 54.5% and 53.8% answered that "generally it is not a problem" factors related to safety and the child's relationship with peers, in that order. Regarding the elements that were available or adequate, 10.3% and 8.2% stated that access to public transport and personal transport were "generally not" available to take children to community activities, respectively, and 26.9 % reported unavailability of

programs and services offered in the community. Regarding information (about services and programs available for the child to participate in the community) 38% of parents mentioned that they "generally did not" have access.

As for equipment or materials that facilitate participation in the community, 48% stated that they were "generally not" available. In addition, it was observed that 8.3% and 15.9%, the minority of parents, answered that "generally not" had enough time and money, respectively, to help their child's participation in the community.

**Conclusion:** In the sample population of the study related aspects such as access to personal transport; public transportation; available time; money available; safety in the community and the child's relationship with peers were not considered barriers for most parents or guardians. On the other hand, related aspects such as the way furniture, objects and physical structures are organized; physical aspects of usual activities in the community; access to programs and services in the community; information about participation in the community and equipment and materials were the greatest environmental barriers found that restrict the participation of children and adolescents in the community.

**Implications:** The results provide information on where further interventions are needed to support community participation of children and adolescents with CP.

**Keywords:** Cerebral Palsy, Participation, Barriers

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

**Acknowledgment:** We would like to thank all the collaborators of the PartiCipa Brasil project, especially the children's parents, teachers, graduate, and undergraduate students.

**Ethics committee approval:** Universidade Federal de Juiz de Fora, CAAE: 28540620.6.1001.5133

<https://doi.org/10.1016/j.bjpt.2024.100823>

227

## ANALYSIS OF DYNAMIC BALANCE AND ANKLE MOBILITY IN FUNCTIONAL FITNESS PRACTITIONERS, ACCORDING TO GENDER

Karina Ayumi Martins Utida<sup>1,2</sup>, Paula Felipe Martinez<sup>1,3</sup>, Silvio Assis de Oliveira-Junior<sup>1,3</sup>

<sup>1</sup> Federal University of Mato Grosso do Sul (UFMS), Postgraduate Program on Health and Development in West Central Region (PPGSD/UFMS)

<sup>2</sup> University Centre UNIGRAN Capital, Department of Physiotherapy, Campo Grande, Mato Grosso do Sul, Brazil

<sup>3</sup> University of Mato Grosso do Sul (UFMS), Postgraduate Program in Movement Sciences (PPGCMov/ UFMS), Mato Grosso do Sul, Brazil

**Background:** Functional Fitness Training (FF), known as Crosstraining, CrossFit®, or high-intensity functional training, comprises a physical conditioning modality characterized by a wide range of movements, including running, rowing, basic and olympic weight lifting, in addition to gymnastic movements. Because it is a relatively new modality, little is known about the specific functional attributes of FF practitioners.

**Objectives:** To analyze dynamic balance and ankle mobility of recreational FF practitioners according to gender.

**Methods:** This is a cross-sectional study and data collection was carried out at a university clinic in Campo Grande/MS. The sample was constituted in a non-probabilistic way, for convenience. Recreational FF practitioners of both genders, aged between 18 and 59 years old, and who had been training under professional supervision for at least one month were included. For dynamic balance analysis, the Lower Quarter Y-Balance Test (YBT-LQ) was used in the

anterior, posteromedial, and posterolateral reach directions. The averages of three attempts were recorded for each direction, for each lower limb. After normalizing each reach distance by the length of the lower limb, the composite score and the average between the right and left composite scores were obtained. To assess ankle mobility, the Weight-bearing lunge test was performed, recording the average angle of three attempts for each lower limb. To compare results according to sex, the Student's t-test or Mann-Whitney test was used, taking into account the distribution of data. Conclusions were taken at a significance level of 5%.

**Results:** The sample consisted of 75 participants, most female (69.3%; n=52), aged between 18 and 55 years (mean  $32.3 \pm 7.0$ ), and average time of experience in the modality of  $39.8 \pm 25.6$  months. The average YBT-LQ composite score between the right and left sides was  $103.0 \pm 9.1$  among men and  $100.9 \pm 12.2$  among women, and there was no statistically significant difference between groups ( $p > 0.05$ ). Concerning ankle mobility, the average between the right and left sides of dorsiflexion range of motion in the Weight-bearing lunge test was  $48.2 \pm 6.3$  among men and  $48.9 \pm 7.3$  among women, with no statistically significant difference between groups ( $p > 0.05$ ).

**Conclusion:** The performance in dynamic balance and ankle mobility of recreational FF practitioners was similar among adults of both genders.

**Implications:** These results can guide sports professionals in identifying normative values for balance and ankle mobility for practitioners of FF without injuries. Prospective studies are needed to determine whether these tests can predict FF-related injuries.

**Keywords:** Postural balance, Range of motion, Dorsiflexion

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

**Acknowledgment:** Not applicable.

**Ethics committee approval:** The study was approved by the Federal University of Mato Grosso do Sul (UFMS) Ethics Committee (protocol number 5,393,287, CAAE: 42946420000000021).

<https://doi.org/10.1016/j.bjpt.2024.100824>

228

## BODY IMAGE AND SEXUAL DISSATISFACTION OF WOMEN ASSISTED IN A BASIC HEALTH UNIT

Keila Faria<sup>1</sup>, Bruna Eduarda Haçul<sup>1</sup>, Josiane Lopes<sup>1</sup>, Giovana Frazon de Andrade<sup>1</sup>

<sup>1</sup> Department of Physiotherapy, Midwestern State University (UNICENTRO), Santa Cruz, Paraná, Brazil

**Background:** The female body suffers from standards imposed by society determined by the media or social networks, generating a continuous desire for bodies incompatible with reality. This desire can generate low self-esteem, causing women to feel dissatisfied with their own appearance. This is an important factor in sexual satisfaction, because women dissatisfied with their body and appearance may be ashamed to expose it to their partners, making sexual intercourse uncomfortable. It is necessary to understand the existing relationship between body and sexual dissatisfaction due to the scarcity of studies, assisting in the care of the health of the woman.

**Objectives:** The objective of this study was to verify the relationship between body and sexual satisfaction of women assisted in a Basic Health Unit (BHU).

**Methods:** Epidemiological, observational, cross-sectional study, conducted in a UBS in the city of Guarapuava - PR, with women enrolled in the Women's Comprehensive Health Program. Inclusion criteria were women aged 18 to 59 years who agreed to the Informed Consent Form. In September 2021, 1,811 women were

enrolled in the Comprehensive Women's Health program, and the sample calculation with the StatCalc application of the Epi Info 7.2.4 program totaled 326 eligible women. Data collection was performed by applying a questionnaire during the period from October 02, 2021 to February 15, 2022, containing: sample characterization; lifestyle; women's health; sexual performance; body satisfaction. The dependent variable was sexual dissatisfaction, by the questionnaire Sexual Quotient - Female Version (QS-F), validated by Abdo, (2009). The independent variable was body image, collected by the Stunkard Silhouettes Scale, validated by Scagliusi, (2006). Data analysis was performed using the Statistical Package for the Social Sciences - IBM SPSS Statistic v.19 for Windows®. The association analysis between variables was performed using Pearson's Chi-square and ANOVA tests (statistical significance 5%, p-value < 0.05). The reference category of the independent variable "body image" was the response "satisfied".

**Results:** Among the 326 women eligible for the study, there were 269 in this study, considering the losses and refusals. The mean age was  $33.52 \pm 10.15$ , mostly white (74.0%), with a partner (74.3%), working (63.8%), with children (79.0%), sexually satisfied (79.5%) and dissatisfied with their bodies (81.8%). Of these women, 20.6% were sexually dissatisfied. Statistical association was found between sexual dissatisfaction and mean age (<0.05), children (<0.001), menopause (<0.001), and body dissatisfaction (<0.05). There was a higher prevalence of sexual dissatisfaction in women dissatisfied with their bodies.

**Conclusion:** It was possible to conclude that there is a relationship between body image and sexual dissatisfaction in women who are assisted in a UBS.

**Implications:** These findings may help in the planning of actions to women's health in the Primary Care setting.

**Keywords:** Sexuality, Personal Satisfaction, Women's Health

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

**Acknowledgment:** Not applicable.

**Ethics committee approval:** Universidade Estadual do Centro Oeste Research Ethics Committee, CAAE number 50951621.2.0000.0106

<https://doi.org/10.1016/j.bjpt.2024.100825>

229

## IMPACT OF DYSMENORRHEA ON THE LEVEL OF SELF-PERCEPTION OF THE PELVIC FLOOR IN NULLIPAROUS YOUNG WOMEN

Lais Eduarda Michalczyzyn<sup>1</sup>, Fernanda Aparecida Pentead<sup>1</sup>, Emanuella Mildemberger Franco<sup>1</sup>, Ellen Caroline Navroski<sup>1</sup>, Giovana Frazon de Andrade<sup>1</sup>, Josiane Lopes<sup>1</sup>

<sup>1</sup> Course of Physiotherapy, Universidade Estadual do Centro-Oeste (UNICENTRO), Santa Cruz, Paraná, Brazil

**Background:** Dysmenorrhea, originated by a difficult menstrual flow, is a source of gynecological chronic pelvic pain in the lower abdomen or lumbar region, which can last the entire menstrual period and cause dysfunctions in the pelvic floor (PF). Despite the high prevalence of PF dysfunctions in the female population, women have limited knowledge about their perception and, consequently, about the health of this region.

**Objectives:** To evaluate the effect of dysmenorrhea on the level of self-perception of the pelvic floor in young nulliparous women.

**Methods:** A descriptive, observational, cross-sectional study was conducted with a convenience sample of nulliparous women. Women aged 18-30 years were selected, who had had their first sexual intercourse and never got pregnant. Participants were assessed for the same examiner using the socio-clinical questionnaire, visual analogue pain scale (VAS) and the pelvic floor self-perception