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**ASSESSMENT OF LOWER BACK AND UPPER BODY FLEXIBILITY
IN DISABLED SOLDIERS IN THE SRI LANKAN ARMY****A. L. I. Prasanna¹, S. A. Rajaratne², K. P. A. P. Kariyawasam², S. Kulatunga²,
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During the 30 year civil war in Sri Lanka, a large number of soldiers were injured and disabled. These disabilities have reduced their daily physical activities which may cause reduction in flexibility of upper limbs, shoulder girdle, lower back and lower limbs. Muscle flexibility is important for a healthy lifestyle.

The main objective of the study was to assess the upper limb, shoulder girdle and lower back, hamstring flexibility of the intact lower limb in disabled soldiers in the Sri Lankan army. Back saver sit and reach test and shoulder scratch test described in FITNESS GRAM was used in the study.

A total of 125 disabled soldiers with lower limb disabilities were recruited for the study. Ethical clearance was obtained from the faculty of medicine university of Peradeniya. Flexibility of the lower back and hamstring muscles of the uninjured lower limb was measured using back saver sit and reach test described by Wells and Dillon (1952). Upper limb and shoulder girdle flexibility was assessed using shoulder stretch test. Score 0-3 was given according to the ability to reach the superior medial angle of the opposite scapula, top of the head or the mouth.

The results indicate that 31 (24.8%) disabled soldiers had lower limb flexibility less than 8, 2 (1.6 %) had flexibility of 8, 2 (1.6 %) had flexibility of 8.5, 11 (8.8%) had flexibility of 9, 14 (11.2 %) had flexibility of 9.5, 23 (18.4 %) had flexibility of 10 , 17 (13.6 %) had 10.5 flexibility , 13 (10.4%) had 11 flexibility, 2 (1.6%) had 11.5 flexibility, 10 (8 %) had flexibility of 12 and 3 (2.34 %) had flexibility of 12.5. Six disabled soldiers (4.8%) had upper limb flexibility of 2 and the remaining 95.2% had normal upper limb flexibility (score 3).

A reduction in the flexibility of muscles in lower body and lower limbs was seen in 25% of disabled soldiers.