

【Original Article】

Descriptive Epidemiology of Shoulder Pain in Japanese Badminton Players

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Abstract

Objective: The purpose of this study was to describe the prevalence of shoulder pain in Japanese badminton players.

Methods: The participants of this study were Japanese badminton players on school-sponsored badminton teams. From October to December in 2011, a questionnaire on shoulder pain was distributed to 1410 players in 15 junior high schools, 23 high schools, and 16 colleges in the Kanto region. A valid response was received from 1002 players (202 in junior high school, 411 in high school, and 389 in college) and the response rate was 71.0%. The questionnaire items were about history of shoulder pain, recent shoulder pain (in the past year), and interference with playing badminton.

Results: Of those surveyed, 53.3% (58.4% in junior high school, 38.2% in high school, and 66.6% in college) reported a history of shoulder pain. Among those with a history of shoulder pain, 46.0% (50.5% in junior high school, 32.6% in high school, and 57.8% in college) suffered shoulder pain in the past year. Interference with playing badminton was reported in 48.4% (41.2% in junior high school, 50.0% in high school, and 50.7% in college).

Conclusions: The present study suggests that almost half of Japanese badminton players have a history of shoulder pain and the prevalence differs depending on age (junior high school, high school, and college). The study also suggests that almost half the players with shoulder pain in the past year have had interference with playing badminton. Prevention strategies for shoulder pain in badminton players should be developed based on descriptive epidemiology.

Key words: badminton, shoulder pain, sports impediment

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