Comparative study of active cervical range of motion in elite female athletes: touch vs. rugby union

Does playing a contact sport decrease cervical (neck) active range of movement in female athletes?

Small Change

➢ Implement a stretching regime within the warm up and warm down, with rehabilitation.
➢ This is a small change specific to these athletes, but could be used for male counterparts - at an international and amateur level.
➢ These small changes will make a large change to the future of these players as they reach geriatric age.

By Bianca Zietsman
Chiropractic student 2012

Results

➢ The rugby group were found to have significantly decreased active cervical ROM compared to the touch group.
➢ Playing years was not significant, and was relatively equal between the two groups.
➢ Age appeared to be significant to P>0.05, touch players were found to be older and have a greater ROM compared with their counterparts.
➢ The rugby group appeared to have the same ROM as those of geriatric patients and post-whiplash patients.

References