

# WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia

## Syndroma lumbale and sporting activity: Cause and effect

**Goran Blagojevic**

College of Sports and Health , Serbia

In my speech at the beginning, I will speak about place and importance of lumbar syndrome in sports practice, causes and mechanisms of chronic low back pain, injury characteristics, diagnosis, clinical picture and treatment. Below is a description of the subject of research and analysis of the occurrence of low back pain related to motor activity in football and volleyball team Serbia, as well as lumbar syndrome occurs as a disease of 21<sup>st</sup> century. The aim of the research will be testing the percentage of patients with chronic low back pain in football and volleyball team Serbia, systematization and presentation of new scientific knowledge in this field, as well as the formation of recommendations. The final presentation will be presented with pictures, que graphs and images. Expectations are two research processes, talking with fitness coach women's volleyball team Serbia, Vanja Banković, who will say what the situation is with a back injury in volleyball players, and surveys will be carried out in famous football clubs from Serbia, in women's volleyball clubs Serbia and Serbian women's volleyball team. The results will be systematically exposed and presented in tables and charts, with standard descriptive statistical methods. At the end of the presentation, the conclusions derived from the research results as well as literature data will also be systematized and there will also be exposure and recommendations regarding the prevention, early diagnosis and proper treatment of lumbar syndrome associated with exercising activity.

Gokisd@yahoo.com