

車椅子バスケットボール日本代表選手のクラス分けにおける 運動能力・コンディショニングの違いと 2次障害との関連因子の解明

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Factors Related to Exercise Capacity, Conditioning, and Secondary Disorders with Relation to Classifying in Japanese National Team Wheelchair Basketball Players

by

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ABSTRACT

We investigated the correlation between classifying and secondary disorders (namely, deep tissue injury [DTI] and shoulder pain), and between classifying and conditioning (namely, sleep status and nutritional status), in Japanese national team wheelchair basketball players (male: 14-20, female: 18-21). DTI was evaluated using ultrasonography, and shoulder pain using the Wheelchair User's Shoulder Pain Index. Sleep status was assessed using the Pittsburgh Sleep Quality Index, and nutritional status using the Food Frequency Questionnaire (version 3.5). No significant differences were found for the relations of secondary disorders and conditioning with each class. However, athletes with sever disability were more likely to suffer from DTI, and athletes with mild disability were more likely to suffer from insomnia. We therefore concluded it is necessary to periodically and continuously investigate secondary disorders and conditioning.

要 旨

車椅子バスケットボール日本代表選手（男子：14 - 20名，女子：18 - 21名）を対象に，障害のクラス分けと皮下軟部組織損傷：deep tissue injury (DTI)・肩関節痛といった2次障害，睡眠・栄養といったコンディショニングとの関連を調査した．DTIは超音波検査で評価し，肩関節痛は wheelchair user's shoulder pain index (WUSPI) を用いた．睡眠調査は，ピッツバーグ睡眠質問紙票日本語版 (PSQI-J) を用い，栄養評価は，食物摂取頻度調査 (FFQg ver3.5) を用いた．各クラスにおいて，2次障害発生，コンディショニング，ともに有意差はみられなかった．しかし，DTIは障害が重いクラスの選手で多く，睡眠は障害が軽いクラスの選手で不良のケースが多い傾向がみられた．今後も，定期的・継続的な2次障害とコンディショニングの調査が必要であると考えられる．