

AUTHORS

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Frequency of Shoulder Pain in Recreational Badminton Players



METHOD



Descriptive
cross-
sectional
study

260 players
aged 18-40 years
SPADI questionnaire

76%
Reported
shoulder pain

BACKGROUND

Shoulder pain is common among recreational badminton players.

OBJECTIVE

Determine the frequency and severity of shoulder pain



RESULTS

Pain severity	
Mild	47.3 %
Moderate	30.0 %
Severe	16.2 %
Very to extremely severe	6,5 %

CONCLUSION

Shoulder pain is highly prevalent and often leads to functional impairment

