



Prevalence of Lumbopelvic Instability in University Lecturers

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Abstract

Aim: To determine the prevalence of lumbopelvic instability among university lecturers. **Materials and Methods:** A sample of 50 Subjects were taken from the universities in and around Mandi Gobindgarh (Punjab). Runner Pose Test was used to assess the prevalence of Lumbopelvic Instability among the university lecturers. **Results:** Lumbopelvic instability was found prevalent among the university lecturers. **Conclusion:** It was concluded that due to continues standing, faulty sitting posture and strenuous work culture the musculature around the lumbopelvic region gets weak resulting in lumbopelvic instability.

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Introduction

Lumbar instability is pathology of the spine in which there is irregular mobility or an uncharacteristic joint between two or more adjacent vertebrae. When a patient suffers from lumbar instability, there is unnecessary movement amid the vertebrae and, progressively, a collapse of the intervertebral joints and can influence the structures of the nervous system that exceed all the way through them. Injury or harm to spinal column is the most frequent foundation of spinal instability. Lumbar instability is an imperative reason of low back pain and can be connected with significant disability. Back pain is the prime root of disability-adjusted livelihood years based on the WHO survey of the global burden of disease. Spinal stability can be interrelated to one, two or three “sub-systems” that deeply persuade the spine. These are: A) The spinal column and its ligaments B) The nervous system (controls spinal movement) C) Muscles, which shift the spine. In a healthy state, the three systems work together and offer stability. When any one of these sub- systems becomes