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Injury profiles of B-Girls from South America: Prevalence and associated factor (Sophie Manuela Lindner(1), Jens Nonnenmann(1), Sebastián Morales-Castillo(1), Prof. Dr. Nadja Schott(2), Prof. Dr. Claudia Steinberg(3))

Background: B-Girls (females in the Breaking scene) will be the first female DanceSport athletes in the Olympic Games 2024. Injury or pain may impede a breaker's ability to attain or maintain their position in a competition, shorten their career, or cause long-term disability.

Purpose: The purpose of the study was to determine the prevalence and factors associated with injury in female Breakers in Latin America.

Material and Methods: Sixty-nine trained female Breakers from South America (Argentina, Chile, Colombia, Uruguay, Ecuador), aged 25.8±5.71 years, completed an online survey to determine the dancers' perceptions of fitness, stress, pain (Pain Disability Index (PDI, 0-10), Brief Pain Inventory (BPI, 0-10)), reported injuries, breaker's training characteristics (years of experience, training volume), Body Mass Index (BMI), and their socio-demographic characteristics. Hierarchical logistic regression was performed to determine which variables were associated with injuries.

Results: Mean BMI was 23.1±2.45 kg/m². Breaking experience was 5.97±5.13 years on average. The mean weekly amount of training was 6.55±4.54 h. The perceived fitness level (0-10) was 5.90±2.16, and the perceived stress level (0-10) was 5.34±2.59. Overall, participants reported low levels of pain during the last week (3.26±2.29) with low impact on their daily life (1.36±1.79). There were no significant differences between amateur and professional dancers. Mean number of reported injuries per dancer was 2.49 ± 2.33. The injury prevalence was 84.1%. Reported injury sites were knee 51.7%, 43.1% shoulder, 25.9% wrist, and 34.5% spine (lumbar, thoracic). Body-Mass-Index (OR = 2.74, 95% CI, 1.0-7.4), number of training hours (OR = 1.83, 95% CI, 1.1-3.0), number of years breaking (OR = 3.53, 95% CI, 1.2-10.4), and momentary pain (OR = 0.14, 95% CI, 0.3-0.6) were associated with injury in B-Girls.

Conclusions: The present findings suggest that it is important to consider aspects such as body weight, momentary pain, training volume, and years of experience when assessing B-Girls. Further research is needed to better understand the relationship between training and sociodemographic characteristics in this population. Relevance to conference theme: Understanding the socio-cultural aspects as well as the injury profiles in female Breakers will help healthcare providers, trainers and dancers in professionalizing this dance style.

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