

Non-Specific Low Back Pain in Basketball Players

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Citation: Serrano B (2021) Non-Specific Low
Back Pain in Basketball Players. Mol Enzy
Drug Targ, Vol. 8 No. 6: 118.

Abstract

The lumbar spine is a difficult biomechanical portion of injuries that plague the athletic population, specifically in basketball players. In other areas of the bodies, diagnostic imaging and provocative testing are specific such as lateral ankle sprains and rotator cuff injuries. However, the overlapping anatomy of the lumbar spine means layers of musculoskeletal tissues, fascia, and intervertebral discs (IVD) that can contribute to being a pain generator. The purpose of this presentation will be to educate clinicians and coaches on the different yet broad types of injuries that occur in the lumbar spine. Additionally, management strategies will be provided for effective implementation at different parts throughout the season. Although the lumbar spine is complex, clinicians and coaches can work together in making a positive impact to players and low back injuries.

Received: 01-Dec-2022, Manuscript No. Ipmedt-22-13289; **Editor assigned:** 05-Dec-2022, PreQC No. Ipmedt-22-13289; **Reviewed:** 19-Dec-2022, QC No. Ipmedt-22-13289; **Revised:** 26-Dec-2022, Manuscript No. Ipmedt-22-13289(R); **Published:** 30-Dec-2022, **DOI:** 2572-5475-08.06-118