

**PREVALENCE AND ASSOCIATED FACTORS OF OVERUSE INJURIES  
AMONG TRADITIONAL DANCE PRACTITIONERS OF  
THREE PROVINCES OF SRI LANKA**

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Sri Lankan traditional dancing is performed in both recreational and professional aspects for many ages. It is a unique regime of physical activity which is trained and performed in an artistic and aesthetic nature. This study was conducted to determine the prevalence and association of overuse injuries among traditional dance practitioners of Sri Lanka. It was a descriptive cross-sectional study that included 312 traditional dance practitioners from the respective provinces of the origin of traditional dancing using a simple random sampling method. There were 103 Kandyan Traditional Dance Practitioners (KTDP) from Central Province, 103 Sabaragamuwa Traditional Dance Practitioners (STDP) from Sabaragamuwa Province and 106 Low Country Traditional Dance Practitioners (LTDP) from Southern Province. Data was collected using three pre-tested interviewer-administered questionnaires. The questionnaires were the socio-demographic questionnaire, the Self-Estimated Functional Inability because of Pain (SEFIP) questionnaire, and the Oslo Sports Trauma Research Center Overuse Injury (OSPRTOI) questionnaire. In the KTDP group, there were 47% knee injuries, 32% back injuries and 21% shoulder injuries. There were 47% knee injuries, 32% back injuries and 21% shoulder injuries in STDP. In LTDP, 28% of knee injuries, 30% of back injuries and 42% of shoulder injuries were recorded. According to Pearson's correlation test, the amount of training hours per day showed a significant correlation between back ( $p < 0.05$ ,  $r = 0.44$ ) and knee ( $p < 0.05$ ,  $r = 0.29$ ) injuries. The number of training days per week showed a significant correlation between the back ( $p < 0.05$ ,  $r = 0.42$ ) and shoulder ( $p < 0.05$ ,  $r = 0.37$ ) injuries, while the number of sleeping hours showed a significant correlation between all three injuries. The prevalence of overuse shoulder injuries is high in LTDP, while overuse back and knee injuries are prevalent in KTDP and STDP. Factors such as the number of training days, training hours, and sleeping hours may be associated with these overuse injuries.

**Keywords:** Overuse injuries, Sleeping hours, Traditional dance practitioners, Training days, Training hours