



**WYŻSZA SZKOŁA SPOŁECZNO - PRZYRODNICZA**  
*im. Wincentego Pola* W LUBLINIE  
**UNIVERSITY OF VINCENT POL**

**20-816 Lublin, ul. Choiny 2**

tel. /fax + 48 81 740 72 40, +48 81 740 25 39    info@wssp.edu.pl    www.wssp.edu.pl

**Metera K., Saran T., Maruszewska A.**

Ocena zakresu ruchomości kręgosłupa piersiowo-lędźwiowego u kobiet w okresie okołomenopauzalnym

Assessment of range of motion of the thoracolumbar spine in perimenopausal women

**SUMMARY**

**Assessment of range of motion of the thoracolumbar spine in perimenopausal women**

Examined range of motion thoracolumbar spine in 36 perimenopausal women. The average age of the patients was 57 (ranging from 42 years to 65 years). The study was performed range of motion of the spine angle measurement precision (to within 5 degrees) and metric.

Statistical analysis of the results showed: 1. Występowanie negative correlation cars - statistically significant between the bone mineral density of the segment L3-L4 (BMD g/cm<sup>2</sup>), and the degree of thoracic spine - lumbar spine in the frontal plane, which probably has to do with the severity of degenerative -production. Second Age, body weight or showed no increase among the women due to mobility of the spine Th-L. 3rd Spine range of Th-L in different levels showed significant positive correlations.