

The Podiatric Profile of a Female Nursing Student Practicing Competitive Basketball: A Case Study

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Background and Methods

- Understanding nursing students' life habits will allow for increasing **preventive measures' efficacy** and future **self-care interventions** as professionals [1], as Nursing is highly prone to musculoskeletal disorders, namely **foot/ankle disorders**, with greater risks for female nurses [2].
- One of the most common extracurricular activities is a **competitive sport**, which greatly influences foot health. **Basketball players** usually have the highest pressure on the **central forefoot** and **hallux** [3], particularly during dynamic tasks (running with or without the ball).
- Objective:** analyze the **podiatric profile of a nursing student practicing competitive basketball** and correlate it to **Nursing activity**. The report followed the **CARE guidelines** [4] and all relevant ethical principles. The EMED (*novel.de*) platform was used to collect podiatric variables, using a pre-determined protocol.

Patient Data

Age: 21 years
Sex: Female
Weight (kg): 53.0
Height (cm): 161
IMC (kg/m²): 20.4

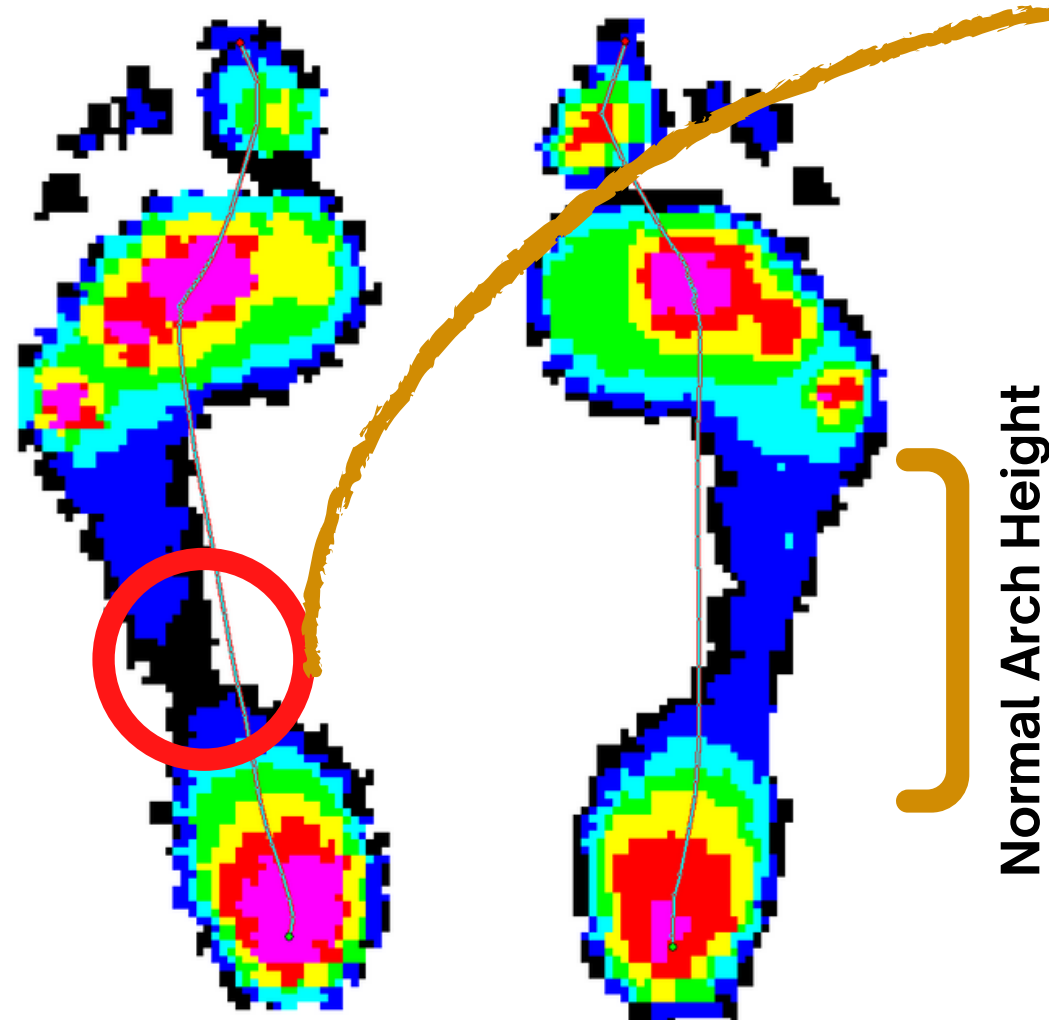
Peak Pressure
RF: 350,00 kPa
LF: 490,00 kPa

Peak Force
RF: 338,86 N
LF: 332,31 N

Contact Area
RF: 101,50 cm²
LF: 95,73 cm²

Left Foot (LF)

Right Foot (RF)



Critical Areas

There are **minimum pressure values** at the **midfoot** when compared to RF. Stance strikes are possibly transferred to the rearfoot.

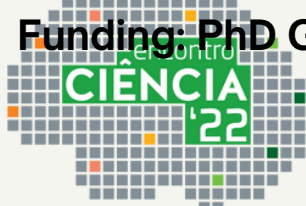
Rearfoot Kinematics

The **left foot** has an **increased pressure value** at the **rearfoot**, which will influence **footwear type**, particularly the importance of using **softer insoles** [5] during nursing activities and sports.

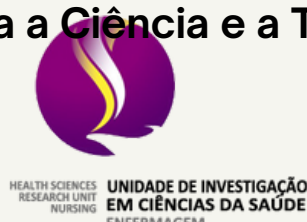
There is no conflict of interest in this work.

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