ABSTRACT

Background: Regular motorcycle riding may place repeated mechanical stress on the wrist joint due to prolonged gripping, repetitive wrist movement, vibration exposure, and poor riding posture. This may lead to wrist pain and functional limitation among non-professional bike riders. The present study aimed to determine the prevalence of wrist pain among non-professional bike riders in Brainware University.

Methodology: A cross-sectional observational study was conducted among 105 non-professional bike riders aged 18–30 years using convenience sampling. Data were collected using the Patient-Rated Wrist/Hand Evaluation (PRWHE) questionnaire to assess wrist pain and functional limitation. Descriptive statistical analysis was performed using mean, standard deviation, frequency, and percentage distribution.

Results: The findings showed a high prevalence of wrist pain among the participants. The mean PRWHE score was 31.21 ± 6.64, indicating moderate wrist pain and functional limitation. A weak negative correlation ($r = -0.087$) was observed between age and PRWHE score, which was statistically non-significant.

Conclusion: The study concluded that wrist pain is highly prevalent among non-professional bike riders. Prolonged gripping, repetitive wrist movements, vibration exposure, and sustained riding posture may contribute to wrist discomfort and reduced hand function. The findings highlight the importance of ergonomic awareness, posture correction, and preventive physiotherapy strategies.

Keywords: Wrist pain, PRWHE, Bike riders, Motorcycle riding, Musculoskeletal disorders.

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