Abstract

Background: Knee injuries represent the most prevalent musculoskeletal injury among young athletic populations, yet comprehensive epidemiological data regarding their prevalence remains limited within the Saudi population. Current literature demonstrates a significant gap in region-specific prevalence estimates, particularly among collegiate populations engaged in sports activities. This study aimed to determine the prevalence of knee injuries among male allied health science students and to identify associated demographic factors. The secondary objective was to assess the level of awareness and knowledge regarding knee injury prevention, management, and recognition among this population.

Study design: Cross-sectional

Methodology: A cross-sectional survey design was employed to investigate knee injury prevalence among male college students at Department of Allied Health Sciences, Physiotherapy Clinic, Brainware University, Barasat, Kolkata, W.B. Data collection was conducted through structured questionnaire administration to the target population. Of the 104 students who initially participated in the survey, 100 responses met the predetermined inclusion criteria and were included in the final analysis. Statistical analysis was performed using the Statistical Package for Social Sciences (SPSS) software to examine prevalence rates and demographic associations.

Results: A total of 100 male subjects aged 18-24 years (mean age: 20.78 ± 1.72 years) were analyzed. The cohort demonstrated a mean BMI of 23.12 ± 4.06 kg/m². Overall IKDC score was 38.71 ± 6.42, indicating moderate knee dysfunction. Age-stratified analysis revealed the highest functional scores in 20-year (n=27) and 23-year (n=12) age groups (both scoring 40), while the 24-year age group (n=7) exhibited the lowest functional status (IKDC score: 34). The study identified significant prevalence of knee dysfunction across all age groups in allied health sciences male students.

Conclusion: This study revealed a high prevalence of knee injuries among male college students, with soccer being the most commonly associated sport. Most injuries were managed conservatively. The findings highlight the urgent need for enhanced educational initiatives to improve awareness and knowledge of knee injury prevention and management in this population.

Keywords: Knee injuries, prevalence.

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