



## **BONE MINERAL DENSITY BETWEEN THE DOMINANT AND NON-DOMINANT FOREARMS OF ADULT HANDBALL PLAYERS**

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### **PURPOSE**

The aim of this study was to evaluate the potential difference in bone mineral density (BMD) between the dominant and non-dominant forearms of adult female handball players.

### **MATERIAL/METHODS**

Twelve adult female handball players (age mean 52 years old) were recruited in order to measure the BMD of the dominant and non-dominant forearm and fifteen adult females (age mean 54 years old) from the general population to serve as the control group. The dual-energy X-ray absorptiometry (DEXA) was utilized for this purpose.

### **RESULTS**

BMD was significantly higher in the dominant forearm of handball players (T-score: -1.1) compared to the non-dominant one (T-score: -1.8), ( $p < 0.05$ ). No significant differences were found in the control group.

### **CONCLUSION**

This study indicates that specific exercise could play a promising role in the prevention of osteoporosis.