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Effect of badminton exercise on intraocular pressure of human

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Statement of the Problem: The popularity of badminton play is increasing tremendously among Malaysians after the Olympics Rio 2016. Badminton is one of the most favorite indoor sports activities in Malaysia. There are many articles described that badminton exercise has positive health impact. Among them, it is interested that play badminton being able to lower the Intraocular Pressure (IOP). But, effectiveness of playing badminton in reducing the IOP is still need to be explored. In this study, we examined the effect of badminton exercise on IOP of adults.

Methodology: Our study included 118 badminton players aged ranging from 20 to 50 years of both sexes (84 males and 34 females). Mean age of our study group was 33.12 years (SD=7.38). This study was performed at badminton center located at Sungai Petani, Kedah. The IOP of all the participants were measured in both eyes and recorded at time 0 hour before they started to play badminton and 2 hours after exercise. A trans-palpebral tonometer (Diaton) was used to measure IOP.

Findings: There was a significant reduction of the IOP in both eyes after 2 hours badminton exercise ($p < 0.001$). There was no relation of IOP changes to sex, age, ethnicity and handedness ($p > 0.05$).

Conclusion & Significance: This was the first study to show that there was a significant reduction in the IOP of both eyes after 2 hours of badminton exercise. It was suggested that badminton exercise is beneficial in reducing intraocular pressure.

Biography

Christina Gellknight has her expertise in evaluation and passion in improving the vision and wellbeing. She has lot of experience in teaching and training of the students in reputed medical universities. She has done this model clinical experiment after years of experience in research, evaluation, teaching and administration both in hospital and education institutions.

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