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Root Mean Square of Dominant versus Non-Dominant LatissimusDorsi during Unilateral Carrying

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Abstract:Background: unilateral carrying causes many physical, physiological and biomechanical problems. **Purpose:** investigating the root mean square of dominant versus non-dominant LatissimusDorsi during unilateral carrying. **Subjects:** Thirty normal students their ages ranged between 18 and 22 years. **Method:** Root Mean Square (RMS) of myoelectrical activity of LatissimusDorsi was measured during carrying unilateral shoulder bag with 10% of body weight on non dominant shoulder for 5 minutes. **Results:** Mann Whitney test revealed highly significant decrease of the RMS of EMG of non dominant side than of the dominant side with mean $(5.20 \pm 0.8 \text{ and } 9.14 + 2.43 \text{ mv})$ respectively (Z-value= - 3.377 and P=0.001). **Conclusion:** unilateral carrying of 10% BW shoulder bag lead to asymmetrical increase in latissmusdorsi muscles activity.

Key word:Unilateral bag carrying, Myoelectrical activity, Root mean square, LatissimusDorsi muscles, females.

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