

EFFECTIVENESS OF PLYOMETRIC TRAINING ALONG WITH THERABAND EXERCISE ON Q ANGLE, DISTANCE OF ANKLE MEDIAL MALLEOLUS AND FUNCTIONAL PERFORMANCE OF FEMALE BASKETBALL PLAYER WITH GENU VALGUS

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ABSTRACT

BACKGROUND: Genu valgum is one of the common type deformity, referred as knock knees. In most of the cases, athletes and other sports persons may develop as a result of underlying weakness of lower limb muscles due to repeated and vigorous activities.

OBJECTIVES: The objective of this current study is to evaluate the effects of plyometric training along with theraband resistance exercises in the management of Genu Valgum.

SUBJECTS AND METHODS: The study design was a single case study. A 23 years old female basketball player with genu valgum was taken for this study.

RESULT: The pre-test and the post-test values of Y balance test, of non-dominant foot is 79.2% and 88.4% respectively. The pre and post-test values of Y balance test of dominant foot was 80.4% and 90.5% respectively. The pre and post-test values of Q angle was 25 and 22. The pre-test and the post-test values of intermalleolar distance was 8 and 6 respectively. Thus, statistical analysis shows significant improvement in Q angle, distance between ankle medial malleolus and functional performance of female athlete after 8 weeks.

CONCLUSION: The study concluded that there was statistically significant effectiveness of plyometric training along with theraband exercise on reduction of Q angle, distance between ankle medial malleolus and improvement in the functional performance of female basketball player with genu valgus.

CLINICAL IMPLICATION: Plyometric training exercise of knee is found to produce significant effect when combined with theraband resistance exercise to manage genu valgum in athletes.

KEYWORDS: Genu valgum, Q angle, Intermalleolar distance, Plyometrics, Theraband, Basket ball

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