

عنوان مقاله:

Investigating the Effects Janda's and Sahrman's Correcting Exercise Approaches on Trunk Muscles Function in Young Girls with Lower Crossed Syndrome.

محل انتشار:

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خلاصه مقاله:

One of syndromes that arising from muscle imbalances in the sagittal plane is lower crossed syndrome, and characterized by "crossed pattern" of postural dysfunction and lumbopelvic motion. The aim of this study is investigating the effects Janda's and Sahrman's correcting exercise approaches on trunk muscles function in young girls with lower crossed syndrome. The present study was semi-experimental research with a pre-test and post-test design and a control group. The statistical sample of this research was 45 non-athletic young girls; students from 18 to 30 years old in the dormitories of Shahrekord University. They were randomly divided into three groups of 15 subjects of Janda's and Sahrman's training group and the control group. The muscle function was evaluated with sit and reach test, McGill protocol, and Plank test. The training program consisted of eight weeks and three sessions per week. Data analysis was done using SPSS version 27 software and a one-way ANOVA test at a significance level of 0.05. One-way ANOVA showed statistically significant difference among the groups for all variables after trainings ($P \leq 0.01$). The LSD post hoc test revealed that significant differences are between the control group and both training group in all variables ($P \leq 0.01$), also at sit and reach test and right-side plank test between Janda's approach and Sahrman's approach corrective exercise groups ($P \leq 0.04$). Although stretching and strengthening trainings could be affect and retreat the muscular functions in musculoskeletal abnormalities like that lower crossed syndrome, further neuromuscular and sensorimotor trainings should be considered for better rehabilitation because of changes in muscles coordination and balance in abnormalities.

کلمات کلیدی:

Lower crossed syndrome, Sahrman's approach, Janda's approach, Trunk muscle function, Sensory-motor exercises, Stretching and strengthen exercises

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