

عنوان مقاله:

Comparison of the Effect of Two Kinds of the Common and the NASM Corrective Exercises on the Changes of Genu Varum Deformity and Balance of Adolescent Soccer Players; A mixed method study

محل انتشار:

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خلاصه مقاله:

Introduction: Genu varum is one of the most common deformities in adolescents, and it has always been considered to achieve an appropriate corrective program to reduce genu varum. The aim of this study was to compare the effects of two kinds of common and the National Academy sports Medicine (NASM) corrective exercises on the correction of genu varum deformity in adolescent soccer players. Method: This is a qualitative-quantitative study with quasi experimental approach. In this study, data were collected using interviews and laboratory tests. A total of ۴۲ adolescents aged ۱۴ to ۱۸ years with genu varum were selected using purposive sampling and randomly divided into ۳ groups (۱۴ in each group), including the group of corrective exercises of the NASM, the common Exercise group, and control group. Data were analyzed using the framework analysis method. Results: After data analysis, ۲ main categories including attitudinal factors (pain and disability, nutrition, genetic, body mass index, and self-esteem) and motivational factors (daily activity, physical activity, apparent fitness, occupational continuity and social status, and muscle imbalance) were extracted. It was revealed that two methods of common corrective exercises and NASM corrective exercises were effective in correcting genu varum deformity, while the NASM corrective exercises was more effective in the correction of this deformity. Conclusion: According to the results of the interview and laboratory tests confirming the effectiveness of these exercises on people with genu varum deformity, therapists, Correctional Physicians, and trainers are recommended to use the NASM protocol in order to correct genu varum deformity.

کلمات کلیدی:

Genu varum, Balance, Common corrective exercises, NASM corrective exercises

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