

عنوان مقاله:

The effect of ۸ weeks of plyometric exercises with and without electrical muscle stimulation (EMS) on strength in athletes with ankle instability

محل انتشار:

سیزدهمین همایش بین المللی علوم ورزشی (سال: 1400)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Hossein Shahrokhi

Hadi Miri

Sahar Rezaei

خلاصه مقاله:

Ankle joint injury is one of the most common sports injuries. Functional instability of the ankle is one of the consequences of ankle sprains among athletes, which is a risk factor for pain and chronic disability. Ankle instability is defined by symptoms such as poor postural control, inability to function, and a feeling of emptying the ankle without anatomically or mechanically altering the joint. The aim of this study was the effect of eight weeks of plyometric exercises with and without electrical muscle stimulation (EMS) on strength in athletes with ankle instability. Materials and The present study was a quasi-experimental study with pre-test and post-test. ۳۶ female athlete basketball players were randomly assigned to two groups labeled plyometric exercises, plyometric exercises with EMS and control group. Individuals in experimental group received intervention, ۳ times per week for ۸ weeks and control group did not receive any intervention. Strength were measured with dynamometer at pre-test and post-test. The data were analyzed by using analysis of descriptive Statistics, Analysis of covariance, and t test at a significance level of ۰.۰۵. The results showed that the plyometric training groups and the plyometric training group with EMS method had a positive and significant effect on athletes strength ($P < ۰.۰۵$). But no significant effect was observed in the control group. Also, comparing the effect of plyometric and plyometric exercises with EMS, the results showed that there is a significant difference in the strength of athletes between the two types of protocols. Sports teams using plyometric exercises and EMS device can greatly improve the performance of ankle strength, so it is recommended that sports teams use the EMS device as a new method in designing exercises.

کلمات کلیدی:

Athletes ;Strength ;EMS ;Plyometric ;Ankle Instability

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