

عنوان مقاله:

The Effect of a Specialized Karate Corrective Exercise Program on Flat Feet and Foot Indices in Karatekas

محل انتشار:

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خلاصه مقاله:

Amateur karate practitioners who seem to suffer from flat feet, are less successful than their other rivals. The athletes often have problems in their position in kata and explosive starts or fast reactions in Kumite. Since they suffer from flat feet, they are not enough resistant to the pressure of the body on feet. The researcher is now sought to answer the question that if a specialized karate training course can affect the rate of pressure and amateur karate practitioners' flat feet. The current study is semi-experimental, using pretest and posttest. The statistical population of this study included 20 individuals (10 with flat feet and 10 normal). The plantar pressure values were evaluated using a foot scan machine in ten areas of the sole. The experimental group conducted karate specialized practices for 8 weeks, 3 sessions per week. Yet, the control group did not conduct a special practice at this time and continued their normal practices the same as before. The obtained data were analyzed, using a covariance analysis test. The results of this study showed that the rate of flat feet in the experimental group has improved after applying the corrective exercises ( $P \leq 0.05$ ). Moreover, the planter pressure value had been more in the experimental group than control one ( $P \leq 0.05$ ) which has been significantly improved after corrective exercises. The karate specialized exercises affect the sole, foot surface, and the front foot pressure of amateur karate kids of 9-13 years old. Given the results of this study, identifying the amateur karate practitioners with flat feet using the tests of this study, it is recommended to be reformed through the corrective program. Moreover, the findings of this study showed that the plantar pressure value in people with flat feet is more than the control group. It was assumed that the increase of plantar pressure can be cause of ankle overpronation. This value significantly decreases after using corrective exercises.

کلمات کلیدی:

Plantar pressure :Amateur Karate Practitioners :Corrective exercises :flat feet

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