

The Influence of Using Soft Knee Pads on Static and Dynamic Balance among Male Athletes and Non-Athletes

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Abstract : The balance is the key component of motor skills to maintain postural control and the execution of complex skills. The present study was designed to evaluate the impact of soft knee pads on static and dynamic balance of male athletes. For this aim, thirty young athletes in different sport fields with 3 years professional sport training background and thirty healthy young men nonathletic (age: 24.5 ± 2.9 , 24.3 ± 2.4 , weight: 77.2 ± 4.3 and $80/9 \pm 6/3$ and height: $175 \pm 2/84$, $172 \pm 5/44$ respectively) as subjects selected. Then, subjects in two manner (without knee and with soft knee pads made of neoprene) execute standard error test (BESS) to assess static balance and star test to assess dynamic balance. For analyze of data, t-tests and one-way ANOVA were significant $05/0 \geq \alpha$ statistical analysis. The results showed that the use of soft knee significantly reduced error rate in static balance test ($p \geq 0/05$). Also, use a soft knee pads decreased score of athlete group and increased score of nonathletic group in star test ($p \geq 0/05$). These findings, indicates that use of knees affects static and dynamic balance in athletes and nonathletic in different manner and may increased athletic performance in sports that rely on static balance and decreased performance in sports that rely on dynamic balance.

Keywords : static balance, dynamic balance, soft knee, athletic men, non athletic men

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