

## Changes in Postural Stability after Coordination Exercise

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**Abstract :** The aim of this study was to find out if the special type of exercise with elastic cord can improve the level of postural stability. The exercise programme was conducted twice a week for 3 months. The participants were randomly divided into an experimental group and a control group. The electronic balance board was used for testing of postural stability. All participants trained for 18 hours at the time of experiment without any special form of coordination programme. The experimental group performed 90 minutes plus of coordination exercise. The result showed that differences between pre-test and post-test occurred in the experimental group. It was used the nonparametric Wilcoxon t-test for paired samples ( $p=0.012$ ; the significance level 95%). We calculated effect size by Cohen's  $d$ . In the experimental group  $d$  is 1.96 which indicates a large effect. In the control group  $d$  is 0.04 which confirms no significant improvement.

**Keywords :** balance board, balance training, coordination, stability

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