Evaluation of The Relationship Between Body Awareness, Static and Dynamic Balance and Proprioception of The Knee and Ankle in Subjects Who Do Exercise Regularly.

Aim: The purpose of this study was to investigate the effects of exercise on body awareness, balance and proprioception in healthy subjects.

Method: Thirty voluntary participants included in this study. The exercise group (n=15) and the non-exercise group (n=15). Body awareness, static and dynamic balance and proprioception of ankle and knee were evaluated. The body awareness was evaluated using Body Awareness Questionnaire (BAQ); static balance was evaluated by One-Leg Stance Test and dynamic balance was evaluated using Star Excursion Balance Test. Proprioception of the ankle was evaluated at 10° dorsiflexion and 25° plantarflexion and the knee was evaluated at 30° in both flexion and extension directions with both eyes open and eyes closed by using Active Reproduction Test.

Results: There was a significant difference in BAQ and static and dynamic balance scores between exercising and non-exercising groups (p<0.001) (p<0.05). However, the knee and ankle proprioception results showed no statistically significant differences between exercising and non-exercising groups (p>0.05). There was a positive correlation between body awareness and both dynamic and static balance in all participant (p<0.05).

Conclusion: Exercise has positive impact on body awareness and balance.

Key words: Balance, Body Awareness, Exercise, Proprioception

Biography
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