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

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 10º dorsiflexion and 25º plantarflexion and the knee was evaluated at 30 º 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 possitive impact on body awareness and balance.

Key words: Balance, Body Awareness, Exercise, Proprioception

Biography

Rasmi Muammer is currently working as an Associate Professor, Department of Physiotherapy and Rehabilitation, Yeditepe University, Turkey

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