

Effect of Four-Week Hop Stabilization Exercise Program on Balance and Lower Limb Power in Amateur Volleyball Players

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Abstract

Introduction: volleyball is one of the popular sports across the globe. the major actions carried out in volleyball sports are serving, forearm passing, jumping which are mainly influenced by the athlete's ability to control their dynamic balance.

*Methods:*total 58 samples were screened based on eligibility criteria, were divided into experimental group and control group. pre-assessment was done at week 0. the experimental group received the hsep and regular exercise program for 3 sessions per week for 4 weeks, receiving total 12 sessions. the control group received regular exercise program. post-assessment was done at week 4.

*Result:*at the baseline, there were no-significant differences between the groups in respect to age, height, weight, bmi as $p>0.05$. anova was used for comparison of mean at different time intervals. after 06 weeks the mean between-group difference for the balance was -0.96 and vertical jump height was -0.12 at (95% ci).

*Conclusion:*the study concludes that 4 weeks of hsep is effective in improving balance and lower limb power in volleyball players.