

ABSTRACT

Title: The Effect of Flowin Intervention Programme on Core

Objectives: The aim of this work was to verify the validity of field testing HSS focusing on M. transversus abdominis and evaluate short-term intervention program Flowin to strengthen the CORE group floorball players.

Methods: The research group (n = 13) consisting of junior elite floorball players were randomly divided into experimental (N = 7) and control (N = 6) group. The experimental group underwent a 10-week program Flowin aimed at strengthening CORE. The control group continued normal training. The level of engagement CORE was assessed by modified Bunkie test. This is a test in three positions with the aim to maintain the line shoulder–hip–ankle for 30 s. Objectivization was based on video and evaluation path node. To verify the validity testing CORE was selected from a physiotherapist. The four parameters determining the state of the deep stabilizing muscles evaluated on a scale of 1 to 5. It was chosen testing before and after the intervention program.

Results: Demonstrated no relationship trajectory node with the evaluation of physiotherapists (R = 0.105). Was no evidence of effectiveness of the intervention program Flowin (average total trajectory in the second measurement was performed in the experimental group: 0.16 ± 0.14 m, in the control group: 0.13 ± 0.08 m). The evaluation physiotherapist overall experimental group achieved nearly the same results in the first and second measurements, the control group showed a slight deterioration in the second measurement.

Conclusion: We did not prove the applicability of field CORE testing on the basis of objective criteria trajectory node. We also failed to demonstrate efficacy of the intervention program Flowin.

Keywords: Bunkie test, M. transversus abdominis, CORE testing, CORE strengthening