

Abstract

Title: Use of Imoove to influence golf players' postural stability

Objectives: The aim of this study was to compare the influence of the training on the Imoove platform on the static and the dynamic postural stability in golf players.

Methods: Twelve probands, golf players, participated in this study. They were divided into the experimental and into the control group. The experimental group underwent a 4-week training in a total amount of 8 exercise units. The intervention proceeded 2 times a week and lasted 30 minutes. The control group proceeded no intervention. The measurement of the postural stability on the stabilographic platform Footscan and the mechanic platform Imoove was done at the beginning and at the end of the experiment. The results were compared in both groups.

Results: The positive influence of the training on Imoove on the dynamic postural stability was confirmed in the golf players. Statistically significant improvement of the dynamic postural stability was observed at the end of the experiment in the experimental group. There was also observed statistically significant improvement of the dynamic postural stability in the test with hidden feedback in comparison with the control group. Values of the static postural stability in experimental group significantly worsened at the end of the research in the „flamengo“ test on the left lower limb. The values of the total travel way (ttw) of the Center of Pressure (COP) in the other test remained without statistically significant changes.

Key words: Posture; Golf; Centre of Pressure; Accelerometer; Intervention