



Comparison the effect and durability of one period corrective games versus selected corrective exercise on 10-12 aged boys with forward head

Oral Presentation

1Farhad Rajabi * ; 2Hooman Minoonejad; 3Foad Seidi; 3Reza Rajabi

¹Department of Sport medicine & health, faculty of Alborz campus, university of Tehran, Karaj, Iran (f.rajabi@ut.ac.ir)

²Health and Sports Medicine Department, Faculty of Physical Education and Sport Sciences, University of Tehran, Tehran, Iran

³Department of Sport medicine & health, faculty of physical education & sport science, university of Tehran, Tehran, Iran

Abstract

Introduction: forward head posture Is one of the most common anomalies in children. Besides corrective exercise, corrective games are among the methods used to prevent and correct postural anomalies in children by applying corrective goals in the form of the game. the present study aimed to compare the effect and durability of one period corrective games with selected corrective exercise on 10-12 aged boys with forward head.

Methods: ninety boys with age average (11.20 ± 0.80), height average (140.78 ± 5.91), and weight average (39.69 ± 4.75) were selected as accessible and purposeful and were randomly divided into corrective games, selected corrective exercise and control group. Subject in experimental groups performed their related corrective games and corrective exercise for 8 weeks and 3 sessions every week. the forward head angle was measured by the photogrammetry method in the pre-test level, at the end of the 8 weeks' exercises as a post-test level, and 8 weeks later ending the study as a follow-up level.

Results: the finding of the repeated measure ANOVA test indicated forward head angle has a significant difference between corrective games and selected corrective exercise groups in 3 study phases ($P \leq 0.05$). But the difference wasn't significant in the control group. ($P > 0.05$). the finding of the ANCOVA test indicated the significant difference among 3 groups in 3 study phases ($P \leq 0.05$). Post-hoc Bonferroni test indicated no significant difference between corrective games and selected corrective exercise group subjects in the post-test and follow-up levels ($P > 0.05$). even though this difference was significant between control with corrective games and corrective selected exercise group ($P \leq 0.05$).

Conclusion: corrective games in forward head angle decreasing, also durability has a positive and similar effect to corrective exercise. So corrective games have a significant effect and durability on forward head angle in 10-12 aged boys. Therefore, using corrective games suggests to children with forward head anomaly.

Keywords

Corrective games; selected corrective exercise; forward head posture; 10-12 aged boys

References:

1. Gh, M. E., Alilou, A., Ghafurinia, S., & Fereydounnia, S. (2012). Prevalence of faulty posture in children and youth from a rural region in Iran. *Age (years)*, 12(2.1), 13.11-13.10.
2. Tavana Kermani, M., Ebrahimi Atri, A., & Khoshraftar yazdi, N. (2017). The Effect of Eight Weeks Corrective Exercise on the Functional Kyphosis Curvature in the Teenager Girls. *The Scientific Journal of Rehabilitation Medicine*, 6(1), 161-168. doi:10.22037/jrm.2017.1100275