

The Relationship between Balance Performance and Knee Flexor-Extensor Muscular Strength of Football Players

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ABSTRACT The aim of present study was to examine relationships between knee flexor-extensor muscular strength with respect to three different approach angles and balance performance of football players. A total of 33 male football players were tested using Technobody Isokinetic Balance Test System and CSMI Humac Norm Isokinetic Dynamometer. It was determined that there were significant negative correlations between knee flexor-extensor muscular strength and dynamic balance performance in the both dominant and non-dominant side of football players except for 240 degree/s. In addition, there were significant negative correlations between a lot of parameters examined for knee flexion-extension muscular strength and static balance performance in the both dominant and non-dominant side of football players. In conclusion, strengthening the muscles of players with isokinetic muscle strength exercise at this degrees/s is quite important for players in upgrading to the optimal level the static and dynamic balance values on their sporting performance.