

Comparison of Right- and Left-Leg Balance Points in Female Volleyball Players and Sedentary Controls

Alper Cenk Gürkan

*Gazi University, School of Health Sciences, Ankara, Turkey
Mobile: +905326857082, E-mail: dralper06@mynet.com*

KEYWORDS Asymmetry. Static Balance. Dynamic Balance. Athletes. Women. Balance Test

ABSTRACT This research was conducted to compare the static and dynamic balance points of sedentary women and volleyball players. 10 athletes and 11 sedentary women participated in this research. Balance measurements were done by FBT (Flamingo Balance Test) for static balance and SEBT (Star Excursion Balance Test) for dynamic balance. Sedentary group's total dynamic balance value was measured as 619.1 ± 48.99 , and athlete group's was 704.88 ± 67.80 . Static balance value of sedentary group was 17.46 ± 3.05 , and athlete group's was 10.75 ± 4.71 . As a result, in the both dynamic and static balance values, athlete group had significantly better balance points than the others. It can be stated that this is a result of long term regular training of the athlete group. Also, the left-foot dynamic balance points were higher compared to the right-foot dynamic balance points in especially athletes. The results suggest that leg balances may be related to cerebral lateralization.