

**“EFFECT OF PROPRIOCEPTIVE TRAINING ON  
FOOT WORK AMONG AMATEUR KABADDI  
PLAYERS :- A RANDOMIZED CONTROLLED  
STUDY”**

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## **ABSTRACT**

### **TITLE OF THE STUDY:**

“EFFECT OF PROPRIOCEPTIVE TRAINING ON FOOT WORK AMONG AMATEUR KABADDI PLAYERS :- A RANDOMIZED CONTROLLED STUDY”

### **BACKGROUND:**

Kabaddi is a popular sport in Indian sub-continent. Being a combative sport, the game consists of offence and defence. The main feature of this game is raiding, which is conducted by only one player. Of all the raiding techniques and tactics, footwork plays an important role during raiding.

### **OBJECTIVE**

To study the effect of proprioceptive training on footwork among amateur kabaddi players.

### **METHOD**

A total number of 40 players were included in this study. Based on inclusion and exclusion criteria, players were randomly allocated into two groups, Group A- Proprioceptive Training and Group B- Conventional Training. Players between age group 18-28 years, both the genders, playing kabaddi at college level were included in the study. Those having past history of ankle sprain/injury since 6 months, any lower limb fracture and soft tissues injury in last 12 months were excluded. A 6 week of proprioceptive training programme was given for 3 days per week. Outcome measure used was footwork test.

### **RESULT**

Statistical analysis was done using SPSS 20v. The result showed significant improvement in both experimental and control group. Paired t-test was used for within group analysis and Unpaired t-test was used for between group analysis.

### **CONCLUSION**

In conclusion, it was determined that proprioceptive training was much more effective in improving footwork among kabaddi players.

**KEYWORDS** : Kabaddi, footwork, proprioception, footwork test