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## Effect of eight week recovery on lumbar lordosis in women

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The aim of this study was to consider the effect of 8-weeks Pilates exercise program on lumbar lordosis deformities in women. 30 healthy women with age 30 to 50 years old who didn't have any exercise experience during the last 6 months, volunteered to participate in this study. They were divided in two groups, randomly: Pilates mat exercise program group (PMG:N=15) and control group (CG:N=15). Lordosis angle was measured with flexible ruler before and after the Pilates training program. A Pilates' mat exercise program was applied to the subjects for 8 weeks. The subjects in the control group did not participate in any training. Independent T test was used for statistical analyses. Significant difference was observed in pre and post test in PMG group, however there was no significant difference in pre and post-test in control group. In addition significant difference was shown in lordosis angle between the two groups. It may be concluded that Pilates has a positive effect on lumbar lordosis and it may be suggested to the women with lordosis abnormality.

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