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Jeffreys' progressive core stabilization exercise: An intervention program in improving of upper extremity performance among weight lifters

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The aim of this study is to determine the effect of the core to upper extremity performance among weight lifters. That is by strengthening the core to improve upper extremity performance. The research is composed of two groups: The experimental group (n=8) and the control group (n=8). Both groups comprised of neophyte weight lifters, male, 18-40 years of age and with maximum gym training of at least two months. The experimental group underwent Jeffreys' Progressive Core Stabilization Exercise (JPCSE) training while the control group did not. Results from measuring the participants' grip strength and muscle bulk were compared to determine any significant difference. In both groups, muscle bulk measurement showed no significant difference between pretest and posttest but with the grip strength measurement, difference between pretest and posttest showed a significant difference. Therefore, the researchers concluded that promoting core stabilization does not improve upper extremity performance among weight lifters but rather improves grip strength in both hands.

Biography

Dexter Sotto is currently pursuing his BS in Physical Therapy from the Manila Central University, Philippines.

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