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Special sort of moving:

Effects of Steady Motion Fitness as a posture training method

A pilot study on young karatekas

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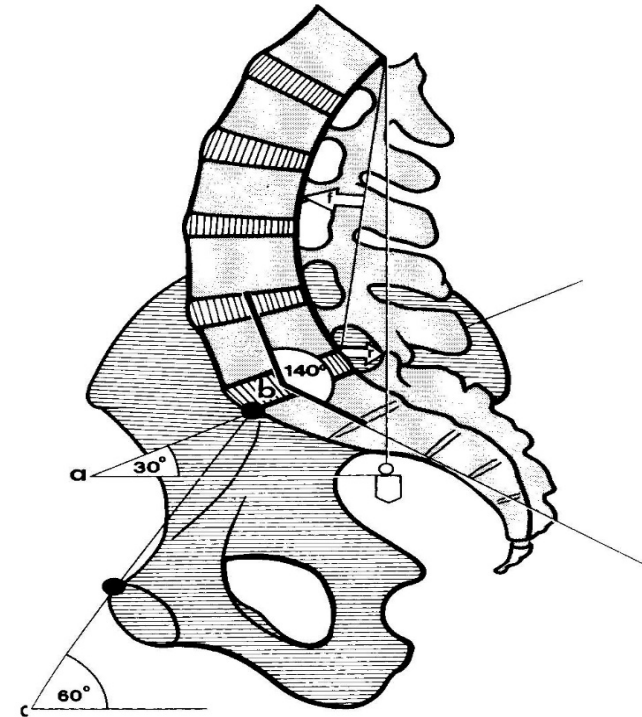
Inactive, sedentary lifestyle, lack of movement and physical training results in different illnesses, involving the musculoskeletal system.

Prominent among them is backache.



Bones of lumbosacral part

- Pelvis
- Sacrum
- Lumbar vertebrae



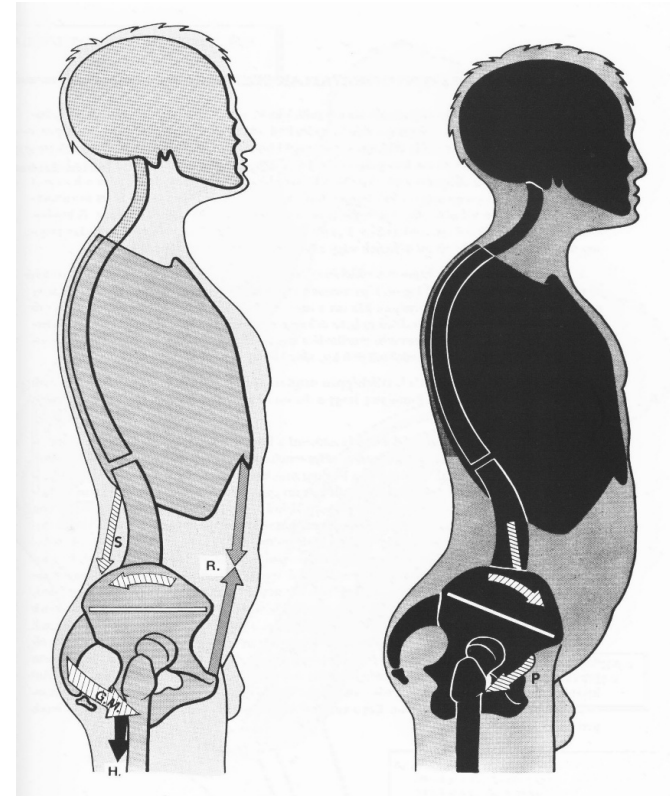
Resource: Perjés, 2009



Correct posture of pelvis influences

- Form of spine
- Position of thorax
- Form of shoulder belt
- Position and articulations of thighs and legs
- Position and articulations of feet

Tilt of pelvis in the sagittal line.

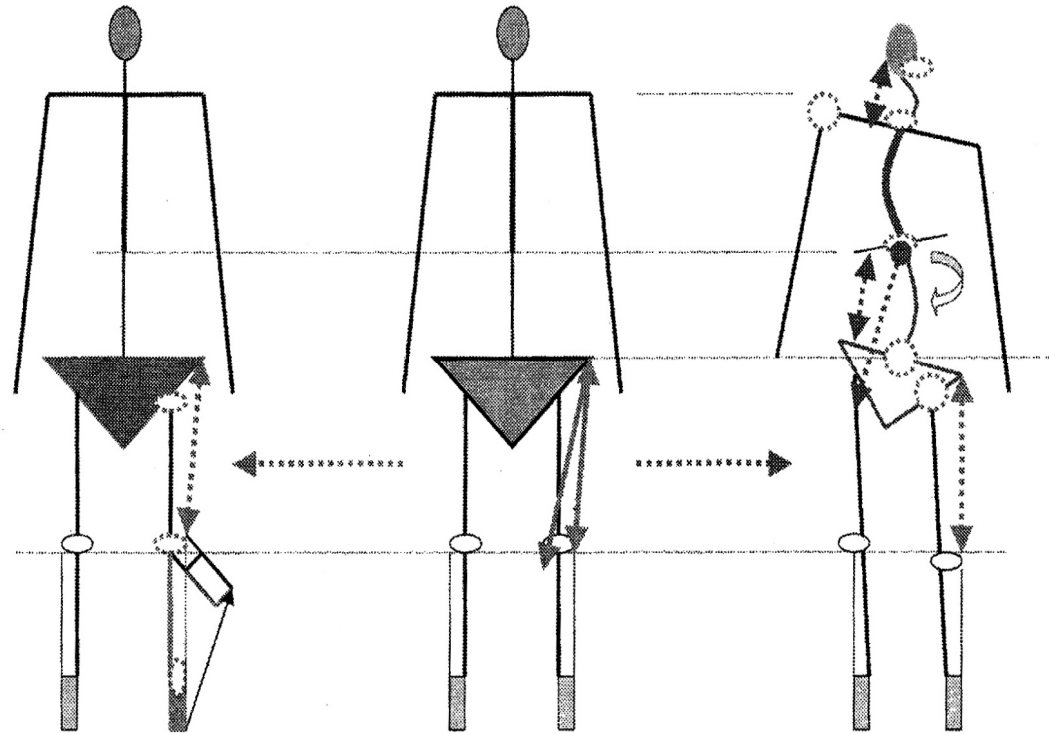


Resource: Kapandji, 2007

Tilt of pelvis in the frontal line

Example:

Abbriviation of musculus tensor fasciae latae



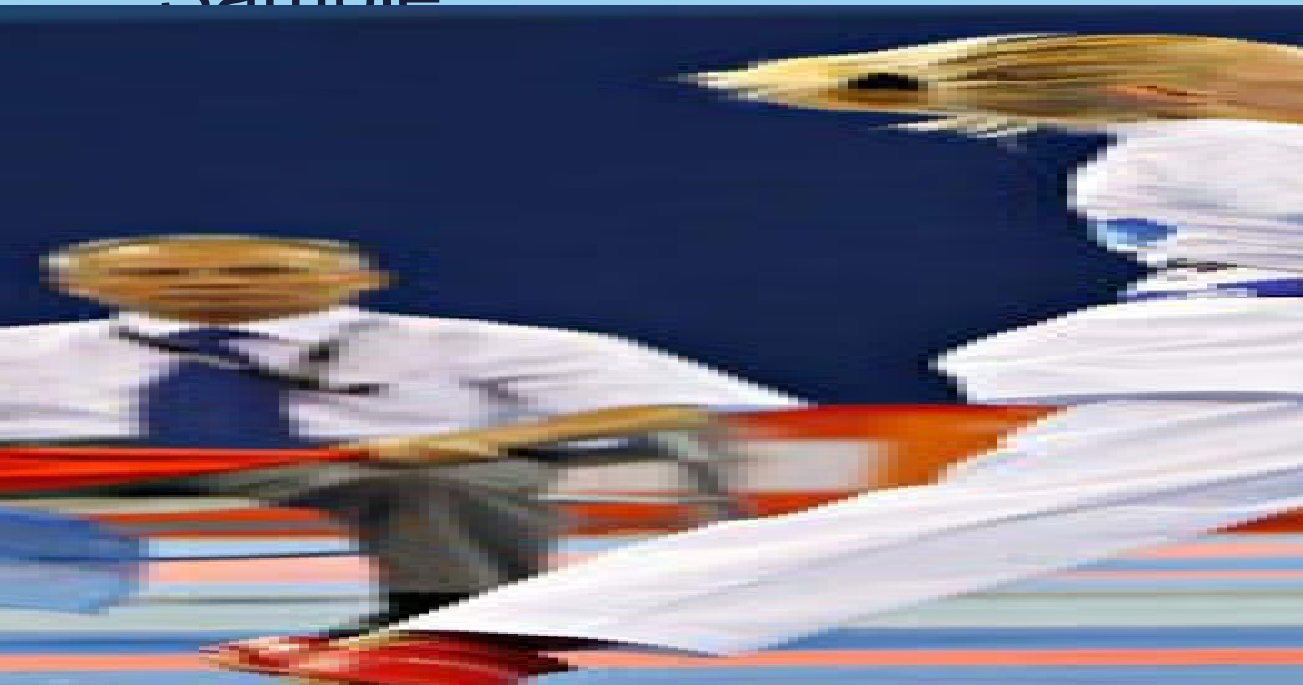
(Resource: Lángfy,2003)

Aim of the research:

Finding out the convenient speed of strengthening exercises for posture correction, which

- result in functional increasing of muscle strength
- can be put into one's practises and habitual movements

Sample



increased risk of

backpain



Methods:

Groups:

- Controll Group (takes parts in measures)
- Classic Group (Movement's beginning position is relaxed on the floor, their movements time period is 1 sec up and 1 sec down)
- Classic Contracted Group (Movement's beginning and ending positions are both strengthened, time period is 1 sec up and 1 sec down)
- Steady Motion Fitness (Movement's beginning and ending positions are both strengthened, time period is 3 sec up and 3 sec down)

Status measuring

1. 3 controlling exercises of
National Center for Spinal
Disorders





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Status measuring

2. Tree- standing





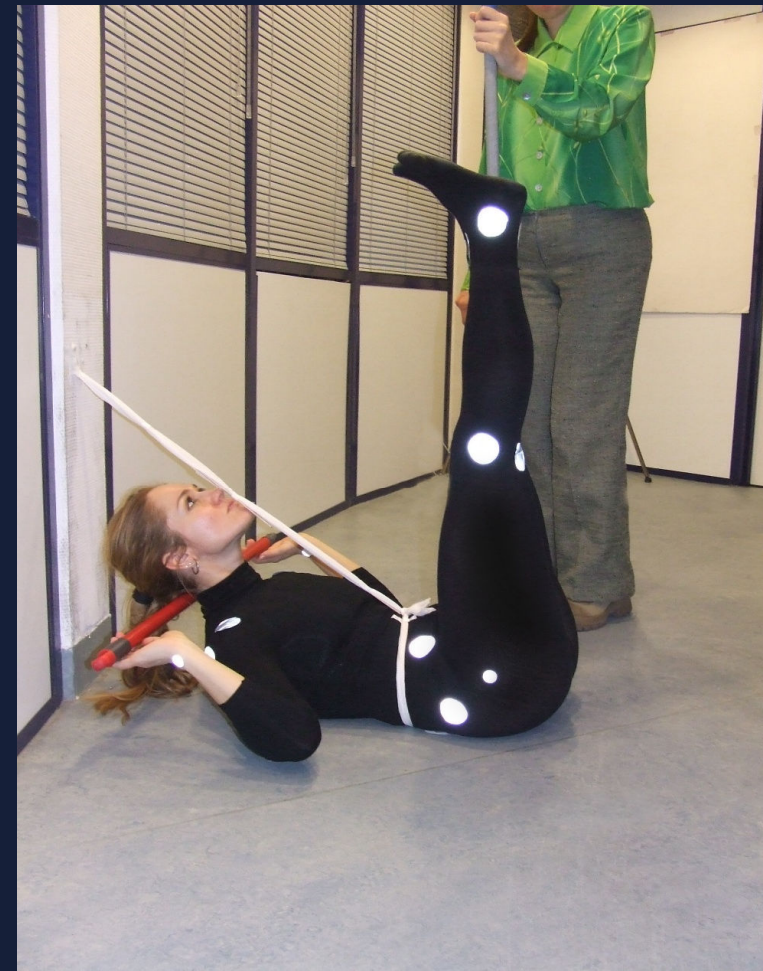
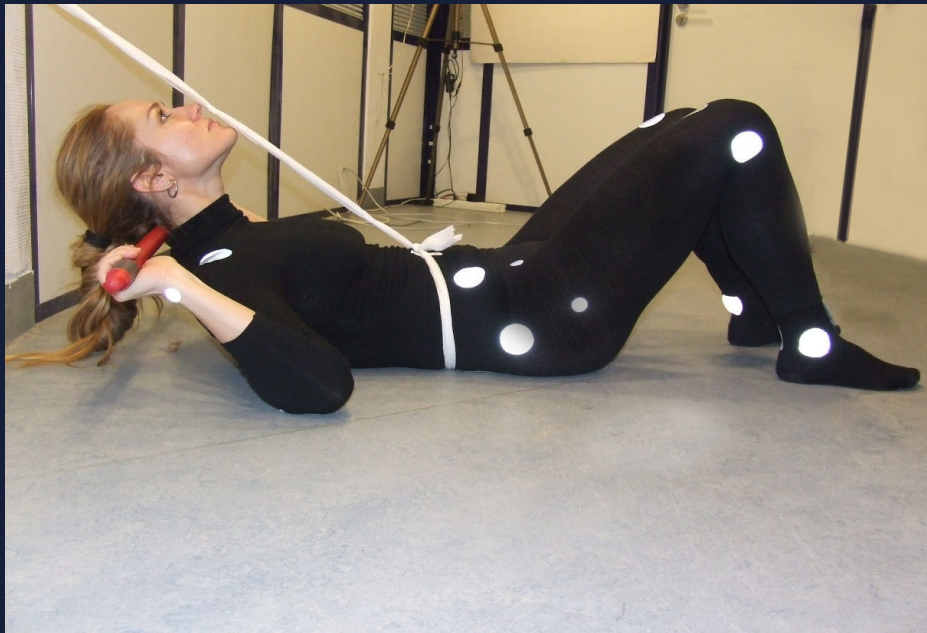
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Status measuring I.

3.Roundhouse kick

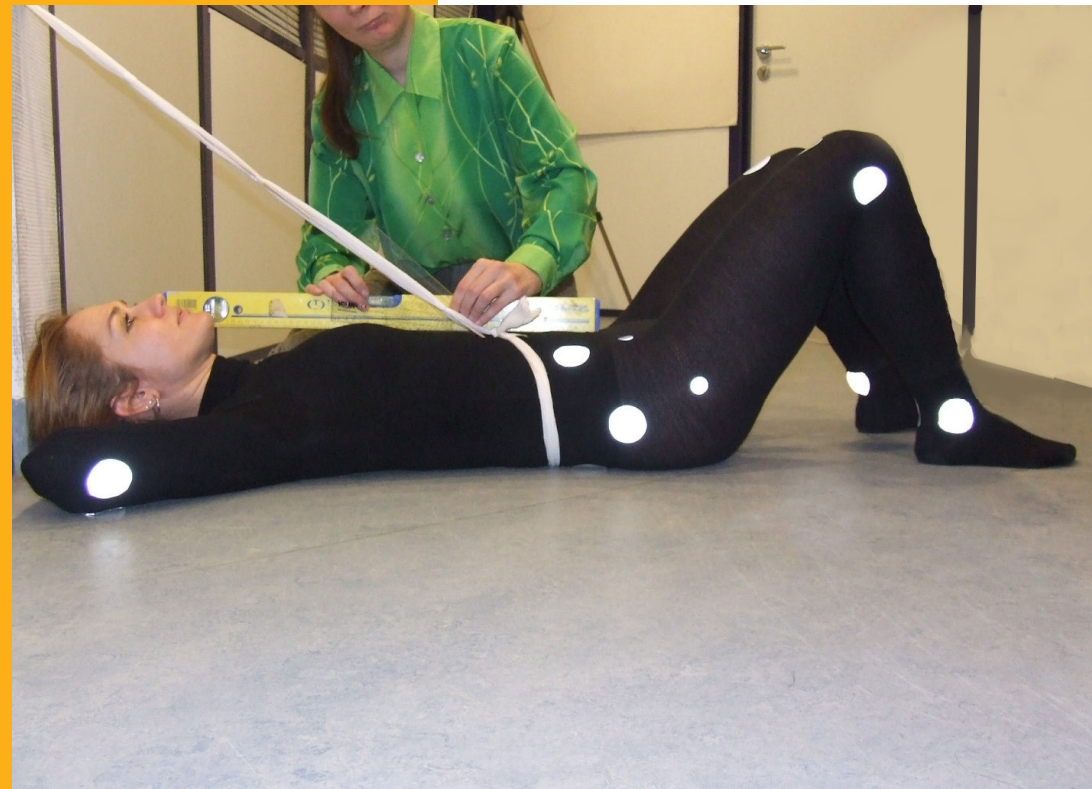


Strengthening abdominal exercises



Defining the starting and the ending position:

A rope as a belt is fixed above the umbilicus, free end of it fixed on the wall in 40 degree to the horizontal, stabilized with a stick.



Strengthening hip extensor exercises



Defining the starting and the ending position:

A rope is fixed to the edge of the stool,
stool,

other end of it fixed on the floor
in 50 degree to the horizontal,
stabilized with a stick.

Above the thigh a horizontal stick
is on the wall, of which position
was defined when the linea
between the knee and hip points
was horizontal.



Strengthening program

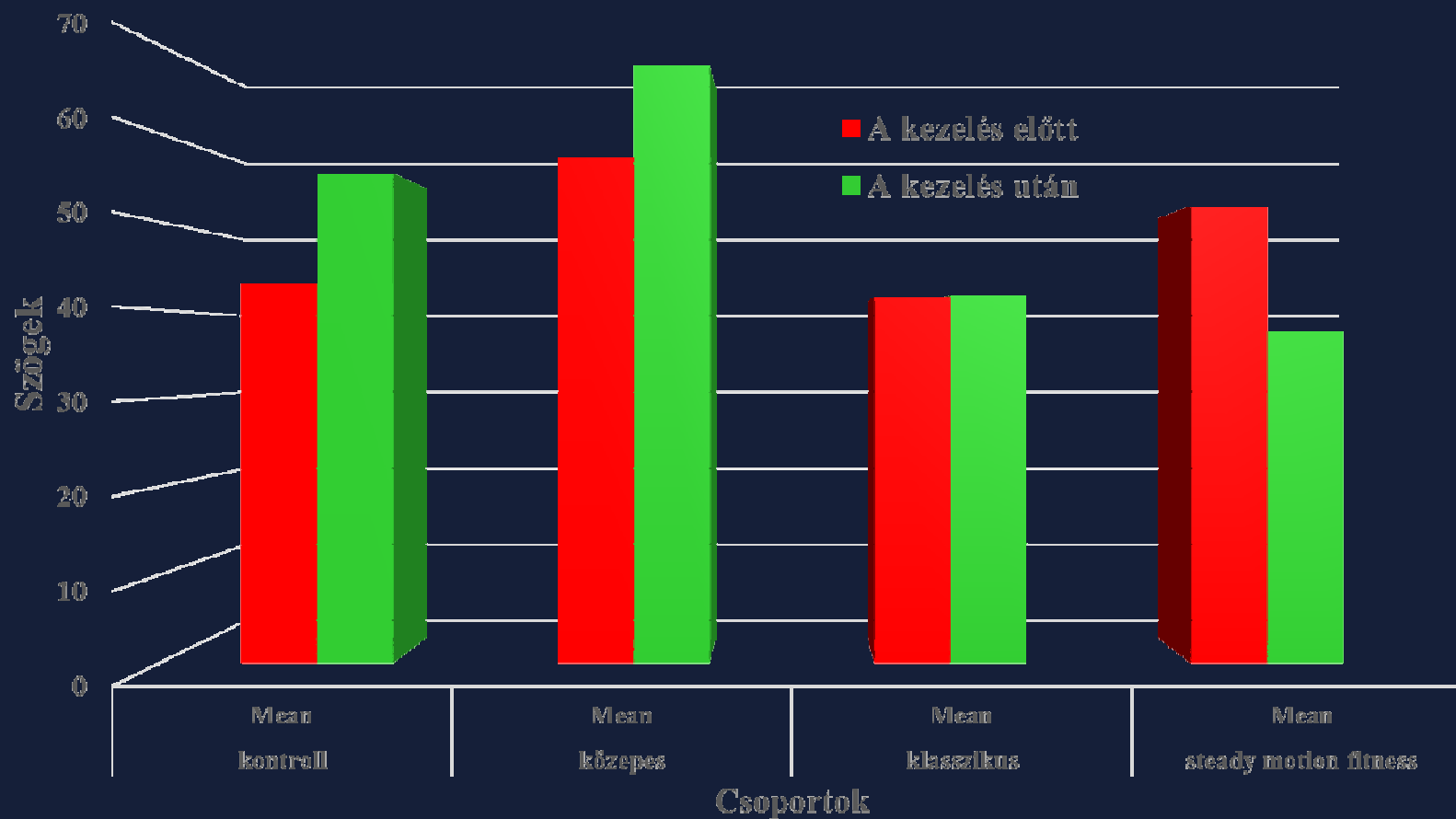
- Aim: developing the strength-stamina
- Twice a week throughout twenty weeks
- Starting repetition number: one's first maximum repetition in his /her group
- Weekly changed the repetition number, and the state of (lower)limbs
(bent/stretching knees, elevation of single/both limbs)
- In every two weeks order of the strengthening exercises of muscle-groups was changed

Results

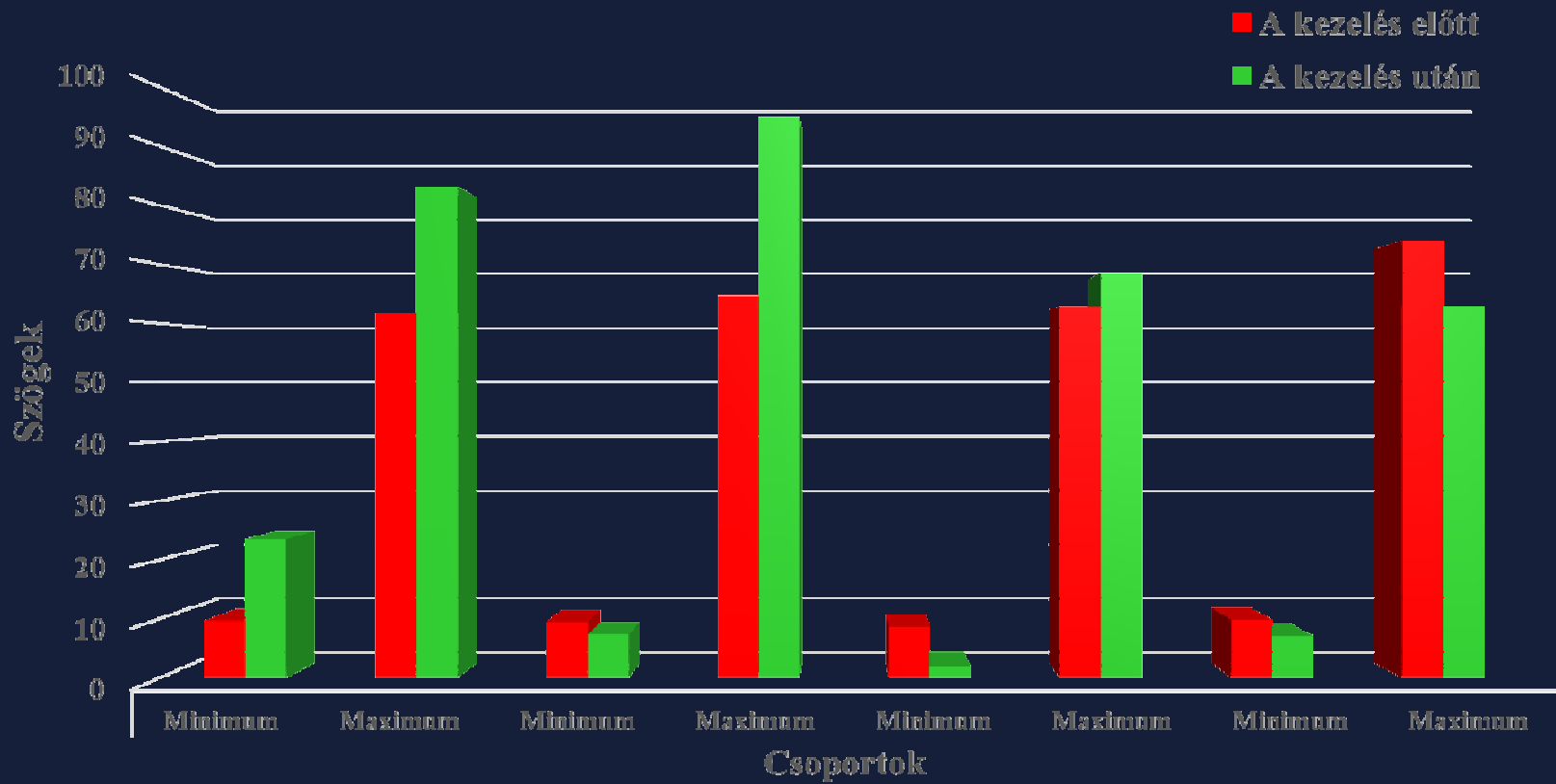
3 controlling exercises of National Center for Spinal Disorders

	Arm and leg holding	Abdominal holding	Standing by the wall
Controll	-22	19	-14
Classic	-2	110	6
Classic Contracted	8	111	-2,5
Steady Motion Fitness	17	210	35

A jobb térd szöge xyz

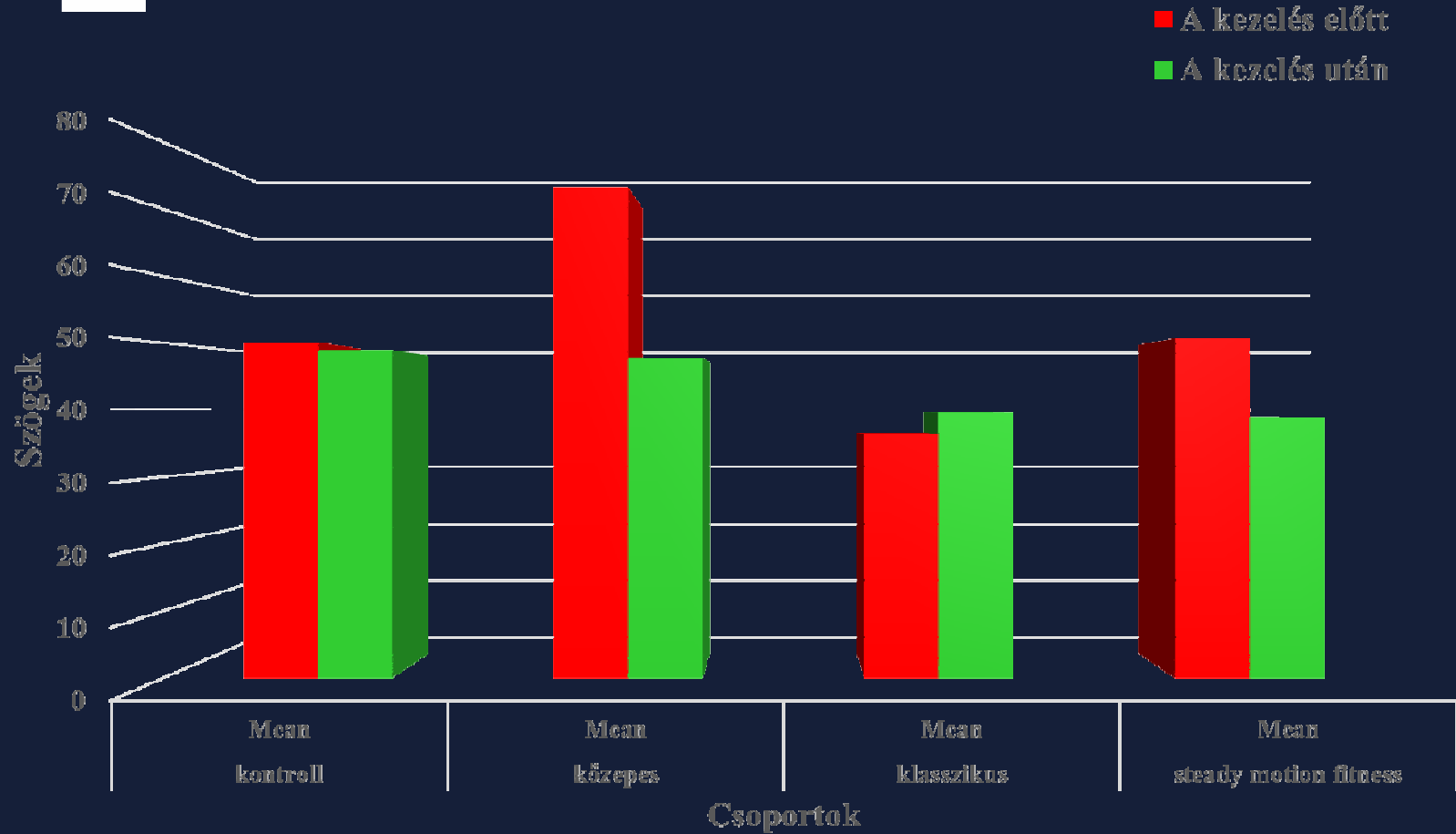


A jobb térd szöge xyz



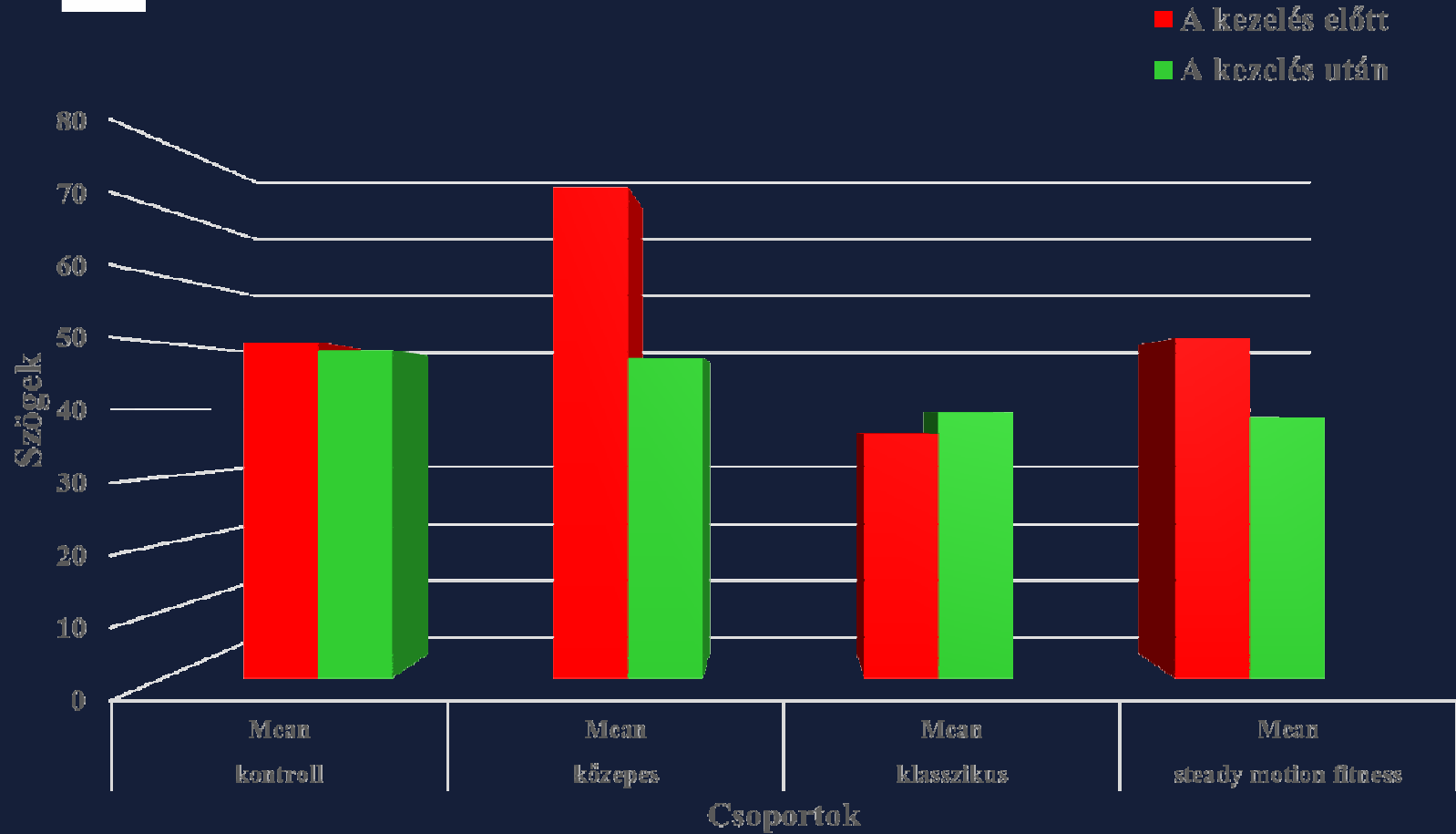


A bal térd szöge xyz



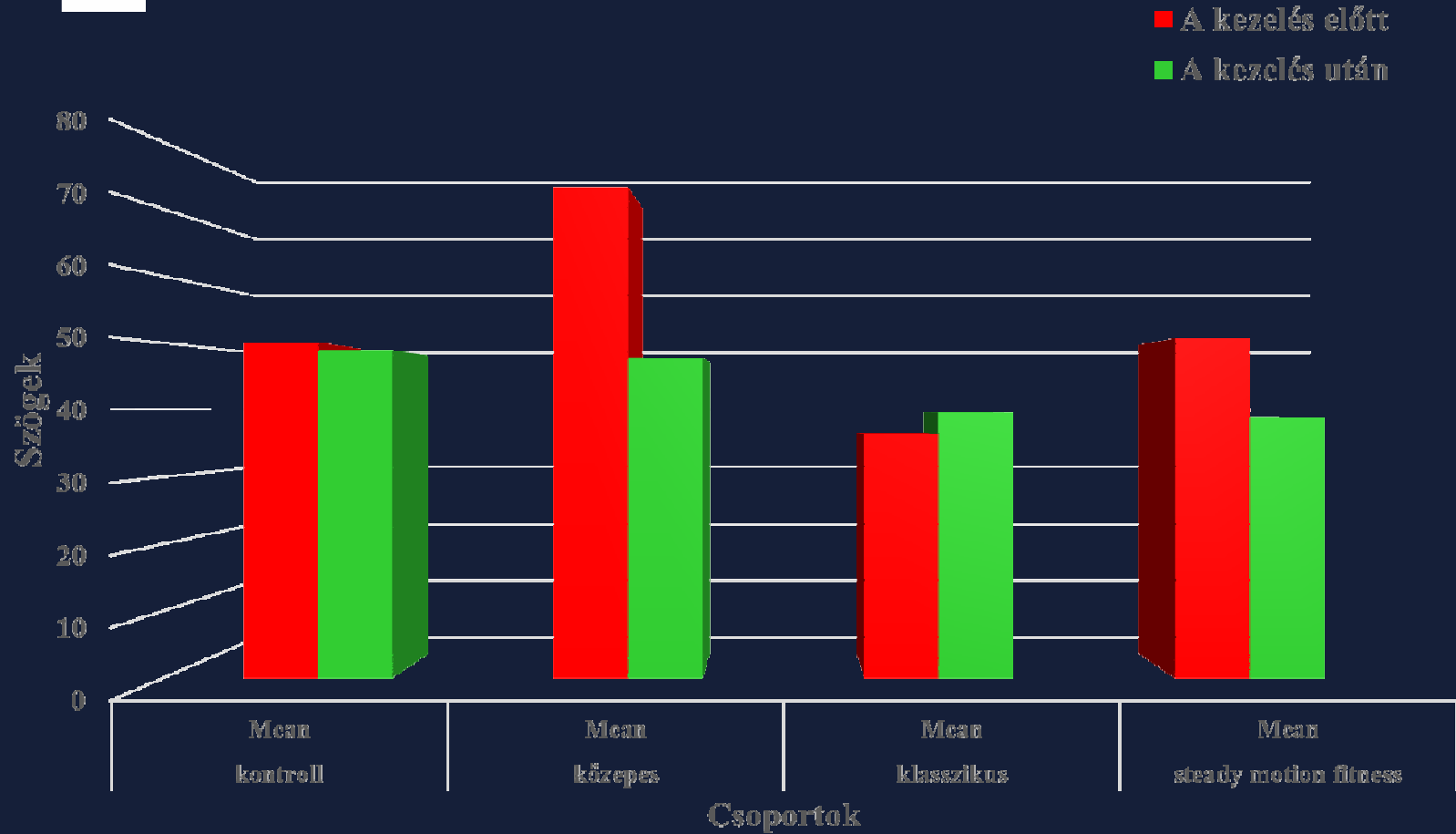


A bal térd szöge xyz

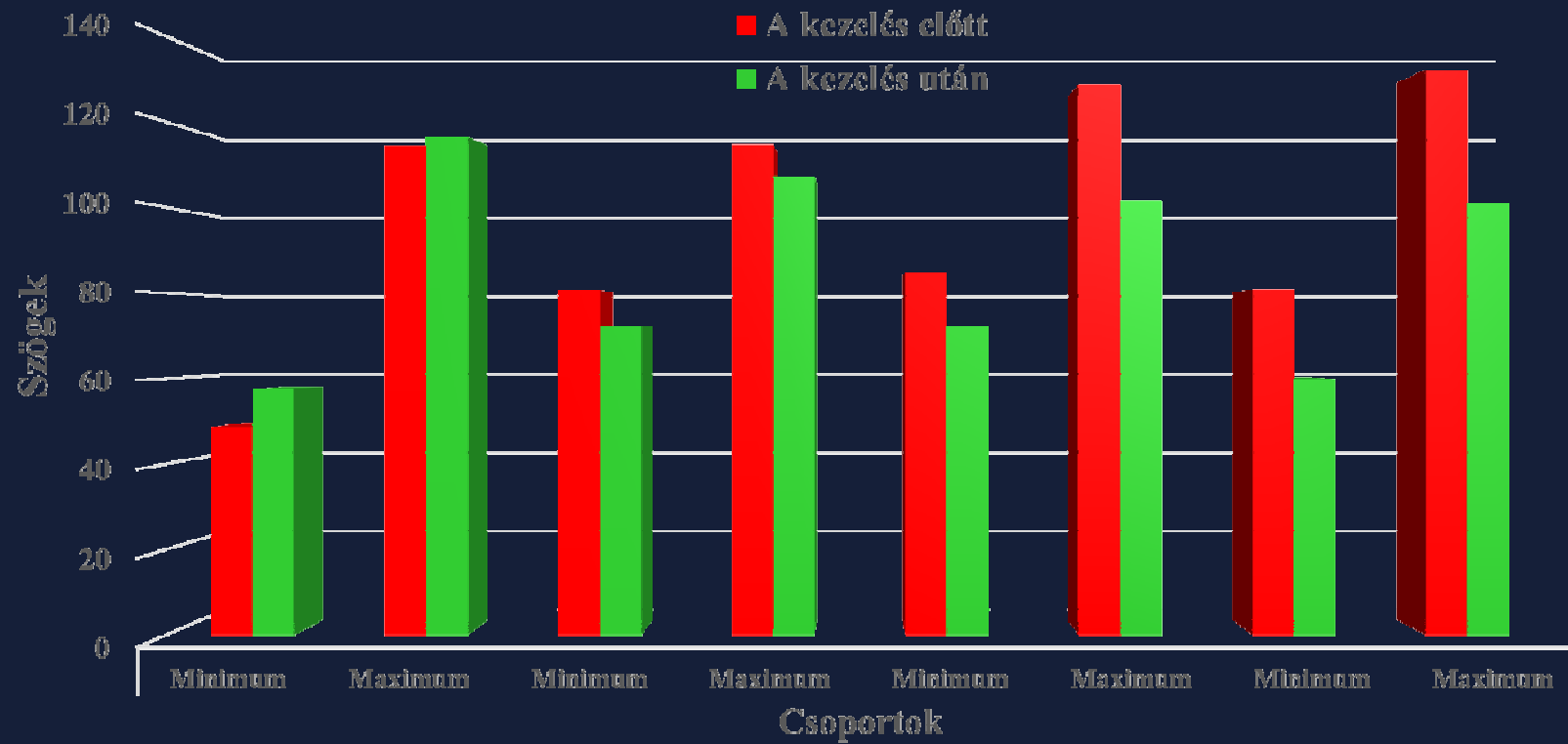




A bal térd szöge xyz



A csípő 1 szöge xyz

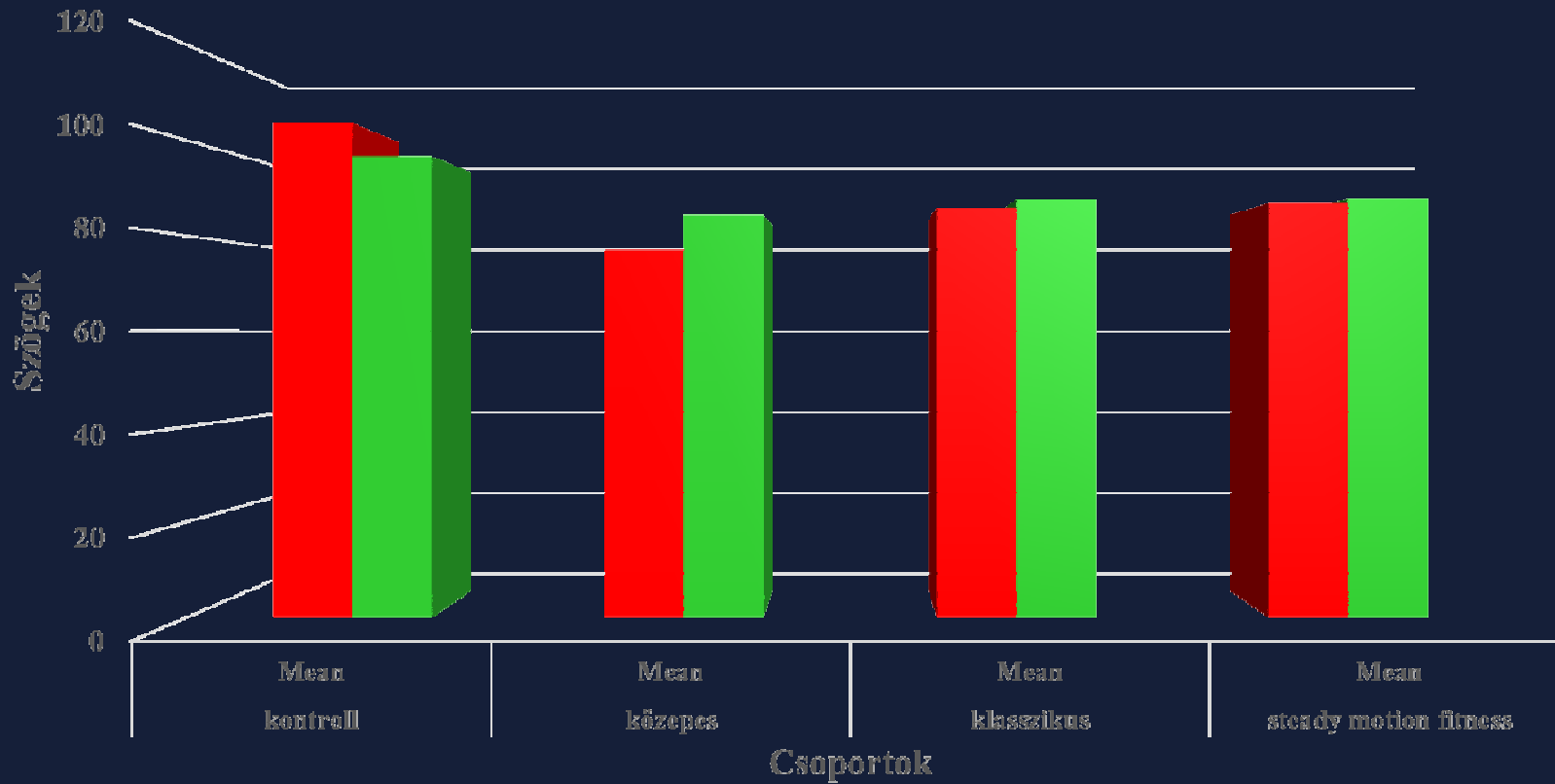




A csípő 2 szöge xyz

■ A kezelés előtt

■ A kezelés után

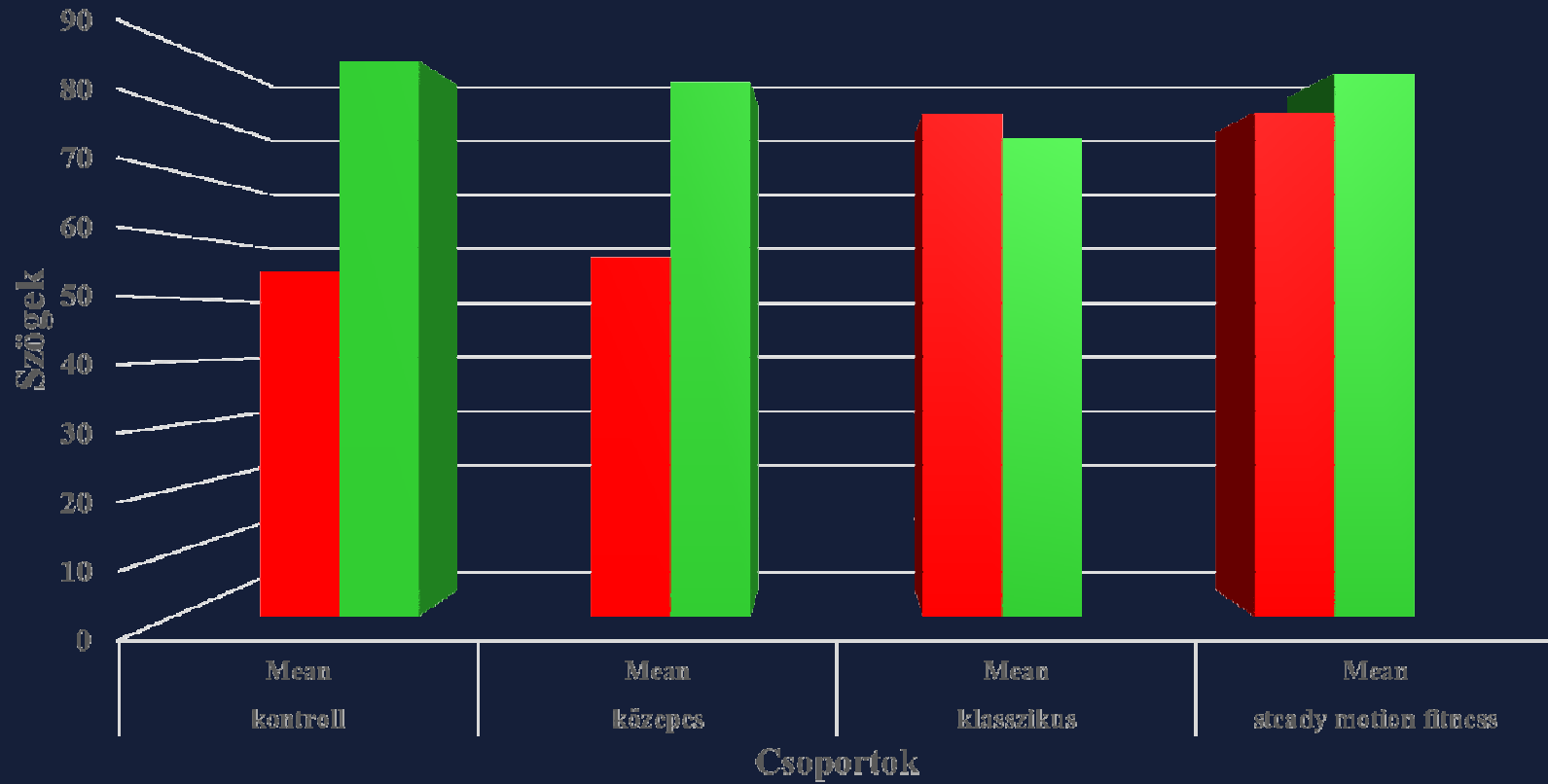




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A csípő 3 szöge xyz

■ A kezelés előtt
■ A kezelés után

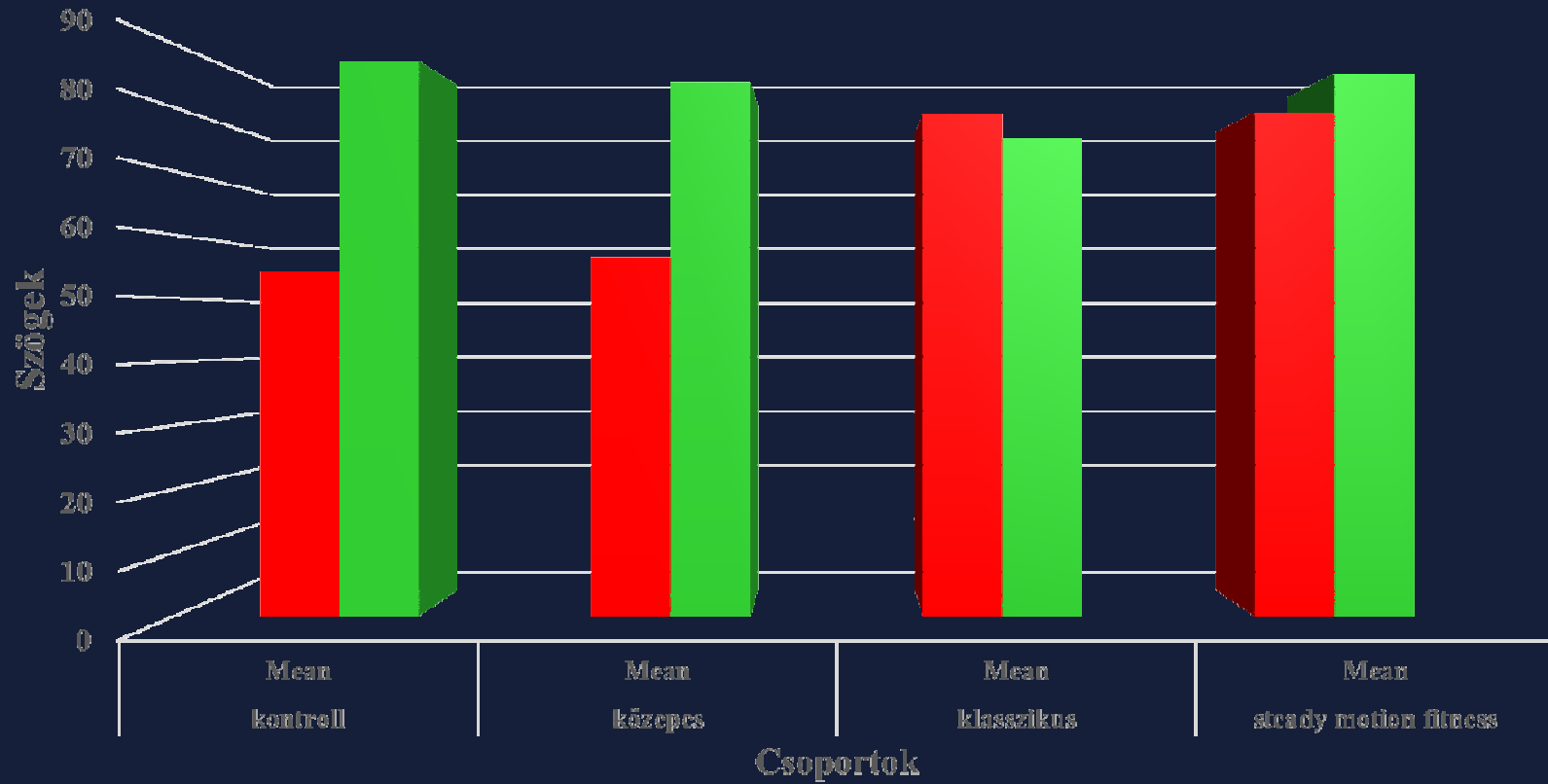




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A csípő 3 szöge xyz

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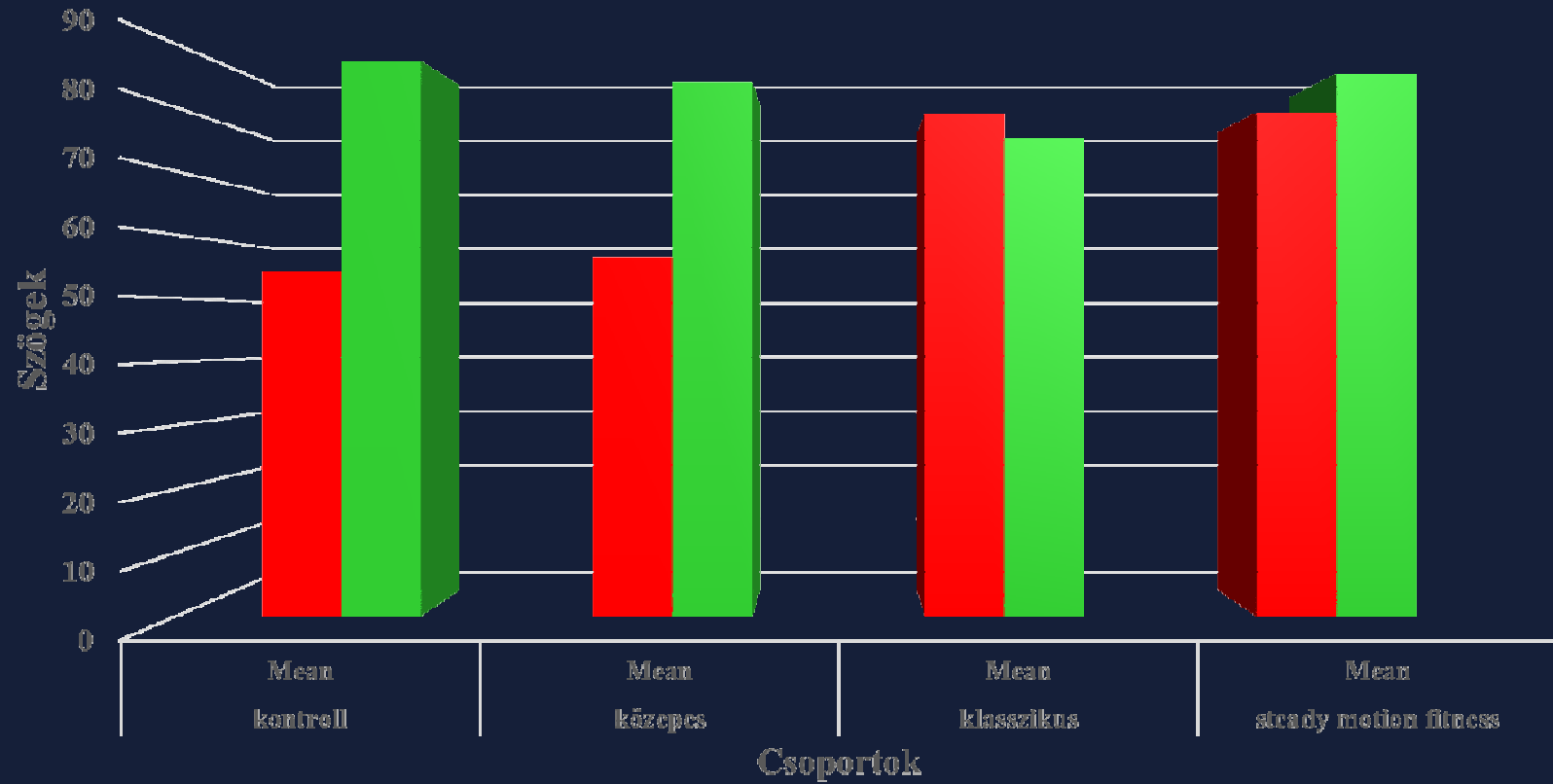




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A csípő 3 szöge xyz

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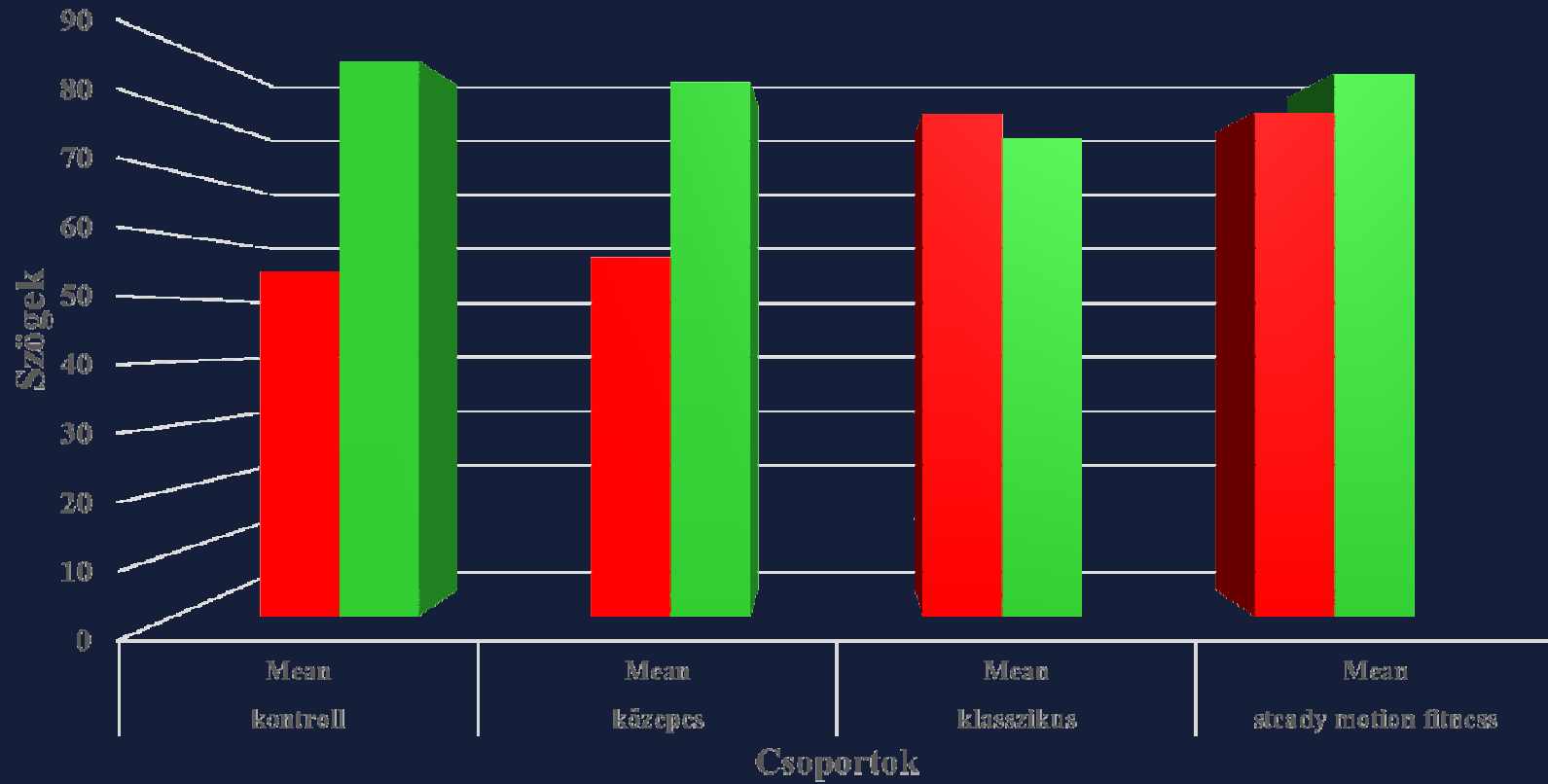




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A csípő 3 szöge xyz

■ A kezelés előtt
■ A kezelés után





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. Before the program



. After the program



Thank you for your
attention!





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