CHAPTER - V
SUMMARY CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Foot posture, like maximum human anthropometric traits, varies substantially amongst youngsters, adults and the older populace. Flatfoot harms the body’s shock absorption mechanism and creates motor difficulties in functions or sports requiring stability and balance. Therefore, there is a scope of correct this deformity and help the athletes become perform better. The main goal and objective of this study is to find out the effectiveness of corrective exercises programme influence to change the flat feet alignment factors and skill related physical fitness variables after 12 weeks of training. To achieve this purpose 550 athletes tested by foot morphology such as angle of arch foot, medial longitudinal arch, navicular height by using Pedograph method and skill related physical fitness such as speed, agility, coordination, reaction time, explosive power, and balance. The samples were selected from the regional athletes of Puducherry, India. From the total population 78 athletes had flat feet out of which forty voluntary participations were selected for this study. The selected subjects divided into two groups, such as experimental group (EG) (n=20) and control group (CG) (n=20). Experimental group were undergone training of counteractive exercise (corrective) programme for five days in a week for total twelve weeks. The control group did not participate any specific corrective exercise training to improve foot morphology. Both the group athletes were tested prior (pretest) to training and after the treatment period (posttest) on foot alignment factors and skill related physical fitness variables. The data were analyzed and interpreted with ANCOVA and paired sample ‘t’ test, the level of significance is at 0.05 level. The result was concluded that, 12 weeks of counteractive physical exercises programme for experimental group (EG) significantly improved in angle of arch foot (AAF), navicular height (NAH) and medial longitudinal arch (MLA). The experimental group (EG) compare with control group (CG) better significant improvement on angle of arch foot (AAF) and Navicular height (NAH) of the flat feet players. Based on the analysis of statistical results for experimental group it was also concluded that, 12 weeks of corrective physical exercises programme significantly changed the skill related physical fitness such as, coordination, reaction time, explosive power and balance for flat foot athletes. The experimental
CONCLUSIONS

Based on the result obtained from the statistical analysis of the data the following conclusions have been derived.

1. The 12 weeks of corrective physical exercise intervention for experimental group (EG) improves the Angle of Arch Foot (AAF), Navicular Height (NAH) and Medial Longitudinal Arch (MLA) from the Flat Feet (FF) athletes.
2. The control group (CG) was no significant change on the flat feet.
3. The experimental group (EG) compared with control group (CG) better significant improvement on angle of arch foot (AAF) and Navicular height (NAH) of the flat feet players.
4. The result showed that, there was no significant improvement on medial longitudinal arch (MLA) of experimental group players when compared with control group.
5. Over all the result, it was concluded that the corrective physical exercise programme would help the flat feet players and recovered from the fall feet in to improved arches of foot.
6. The 12 weeks of corrective physical exercises intervention improves the skill related physical fitness variables such as agility, coordination, reaction time, explosive power and balance of the flat feet players.
7. The 12 weeks of corrective physical exercises programme no significant improvement on speed for the flat feet players.
8. The coordination, reaction time, explosive power and balance was significantly improved for experimental group when compare with control group.
9. There was no significant improvement on speed and agility among experimental group and control group.
10. Over all, it was concluded that the corrective physical exercises programme would help the flat feet players and recovered from the fall feet in to improved arch index and also skill related physical fitness.
11. The corrective physical exercises are the best method of training to improve foot alignment factors.
RECOMMENDATIONS

The following recommendations have been made based on the results of the study.

1. From the result of this study, the investigator was strongly recommended that counteractive (corrective) exercises for flat foot athletes to make arch foot.

2. It was recommended that corrective exercises trainings are more effective to improve foot alignment factors.

3. It was recommended that corrective exercises training was the best training to skill related physical fitness components.

4. This study may help to the athletes to find the percentage of abnormality of foot alignment especially the arch index of foot.

5. This study was created new set up of counteractive (corrective) exercises to improvement in bad foot posture.

6. This study may help to find out the skill related physical fitness components level for the athletes who have abnormal foot alignment.

7. This study awakens the knowledge on flat foot disability and causative measures. This might have the source of inefficient foot skills, causes of injuries, causing painful flat in adulthood as well as poor motor skills and poor athletic performance.

8. A similar study may be conducted at university, state, national and international level of athletes.

9. The same type of study may help to different age group for both genders.