ABSTRACT
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 counteractive 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. From the total population 78 athletes had flat feet out of which forty voluntary participations were selected for this study and equally distributed 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 group when compare with the control group there was no significant changes on speed and agility. From the result of this study, the investigator was strongly recommended that counteractive (corrective) exercises for flat foot athletes to make arch foot.