

Effectiveness of Aerobic Stepper Exercise Training to Enhance Coordination and *Proprioception* in Recreational Football Player: A Waitlisted Randomized Control Trial

Monsamohan T. K.¹, Dr. Srihari Sharma K. N.² and Dr. Vimarsha Nayak³

¹MPT, College of Physiotherapy, DSU, Bangalore, Karnataka, India

²Associate Professor, College of Physiotherapy, DSU, Bangalore, Karnataka, India

³Assistant Professor, College of Physiotherapy, DSU, Bangalore, Karnataka, India

Abstract

Background: Football is one of the highest-ranked sports around the world, like other sports it is associated with a certain risk of injury to players, that requires many technical skills, at the same time a static, semi-dynamic and dynamic balance, in which motor coordination and *proprioception* component.

Aim: To assess the effect of aerobic stepper exercise training to enhance coordination and *proprioception* in recreational football players.

Method: 36 participants were divided into two groups of 18 participants, intervention group and waitlisted group. Pre-test and post-test were carried on i.e., lower extremity motor coordination test, star excursion balance test. Participants followed 4 weeks of training programs.

Result: Significant improvement in all participants were observed. There was a difference ($p < 0.05$) in LEMCOT (both right and left) as

well as SEBT (both right and left) from pre-test to post-test among the intervention group.

Conclusion: The studies conclude that aerobic stepper exercise training helps to increase the coordination and *proprioception*, in recreational footballers, can be included in the players training program to improve performance and to avoid injury.

Keywords: Aerobic Exercise; Aerobic; Coordination; Footballers; *Proprioception*; Stepper; Warmup