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Relationship between Dynamic balance and Lower quarter strength in Amateur football players: A Cross-sectional study

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**RELATIONSHIP BETWEEN DYNAMIC
BALANCE AND LOWER QUARTER
STRENGTH IN AMATEUR FOOTBALL
PLAYERS: A CROSS-SECTIONAL STUDY**

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Background: Football requires maintaining single-leg balance when executing movement with the contralateral leg. Despite the fact that balance requires standing with maintaining isometric posture with the support leg and the strength of the lower quarter muscle strength, currently there is a lack of studies regarding the association of isometric strength and dynamic balance among football players. Therefore, the aim of this study was to find out the relationship between dynamic balance and lower quarter strength in amateur football players

Methods: One hundred and seven amateur football players (mean± SD, age= 26.23±2.64 years, height= 160±7.03 cm, BMI= 23.70±1.80) performed a dynamic balance test (Y- balance-test) in all three directions. Furthermore, lower quarter muscle strength was assessed from trunk, hip, knee, ankle muscle groups.

Results: The strength of knee extensors and dorsiflexors measured isometrically were found to be greater and statistically significant. Slight positive correlations was found in Ankle dorsiflexors [p Value=0.03] in the amateur football players in the y balance – dominant limb of Posteromedial reach.

Conclusion: This result suggests that increasing the lower limbs strength isometrically may improve dynamic balance ability among football players

Keywords: Football, Soccer, Balance, Dynamic balance, Y balance test, Muscle Strength.