

Effect of standing trunk flexion training by using assistant stool for improvement of flexibility in middle- and high-aged female adults

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Abstract

Ten middle- and high-aged female adults volunteered as the subjects to investigate the effect of standing trunk flexion training by using assistant stool for improvement of flexibility in middle- and high-aged female adults. The subjects performed standing trunk flexion training with or without assistant stool for improvement of flexibility once per day for two weeks. Standing trunk flexion and muscle hardness of neck, low back and lower leg measured before and after training period.

The results showed no significant difference found in standing trunk flexion and muscle hardness of neck, low back and lower leg between before and after training period in the subjects who performed with or without assistant stool for improvement of flexibility. The reason of such results was considered that training period was too short and training volumes was too little to get the training effect, because it was two weeks of training period and once per day of training frequency. It may be required to more examine the effect of assistant stool for improvement of flexibility by increasing training period and training frequency in the future.

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