

48 **COMPARISON OF FUNCTIONAL BALANCE TRAINING AND WOBBLE BOARD TRAINING ON SUBJECTS WITH FUNCTIONAL ANKLE INSTABILITY**

Zafar Azeem, Vikas Dhawan, Kalpna Zutshi *Guru Jambheshwar University of Science & Technology, Hissar, Haryana, India*

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Ankle instability is the most common cause of lower extremity dysfunction in physically active individuals. In spite of various treatment options available to therapists and trainers

like ankle braces, taping, prophylactic ankle disc training programmes, recurrence rate of ankle sprains has been very high. Efficacy and comparison of functional balance training programme and wobble board training programme on static and dynamic measures of postural control are still confounding. The study (pretest and post-test experimental design) was aimed to determine the efficacy and comparison of functional balance training programme and wobble board training programme on subjects with functional ankle instability where measures of static and dynamic postural control (using single leg stance test and star excursion balance test) were measured following 4 weeks of balance training programme. Both the training displayed statistically non-significant changes at the end of 4 weeks of balance training following functional ankle instability. Clinical improvements in static and dynamic measures of postural control as observed provided an insight into the introduction of an alternative form of functional balance training programme for athletes with a history of recurrent ankle sprains. The presentation will be aimed to spread awareness about the significance of balance training programme in the prevention of ankle injuries in sports and importance of inculcating functional patterns of balance training in the athletic training regimens.