

Four Weeks of Neuromuscular Training Improve Static and Dynamic Postural Control in Overweight and Obese Children: A Randomized Controlled Trial

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Thirty-two children with overweight or obesity were randomly divided into a neuromuscular training group (NTG) (n = 16) and a control group (CG) (n = 16). All individuals participated in the measurement of static postural control under two conditions: the double-leg stance with eyes open (EO) and eyes closed (EC). The center of pressure variables was obtained. mSEBT was used for dynamic postural control. Neuromuscular training was performed twice per week and lasted 4 weeks. The results of this study indicate that 4 weeks of neuromuscular training improve static and dynamic postural control in children with excess body weight. ©, Copyright © Taylor & Francis Group, LLC.

Children

neuromuscular training

pediatric obesity

postural balance

proprioceptive training

