

Strength and Flexibility of the Muscles and the Overall Posture

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Received date: August 11, 2023, Manuscript No. IPPR-23-16431; **Editor assigned date:** August 14, 2023, PreQC No. IPPR-23-16431 (PQ); **Reviewed date:** August 28, 2023, QC No. IPPR-23-16431; **Revised date:** September 04, 2023, Manuscript No. IPPR-23-16431 (R); **Published date:** September 11, 2023, DOI: 10.36648/2471-9943.7.4.284.

Citation: Swain N (2023) Strength and Flexibility of the Muscles and the Overall Posture. J Physiother Res Vol.7 No.4:284

Description

The objective of this research was to study the effect of training on improvement of the speed and explosive power of students. Speed is the capacity to travel or move very quickly. It means the whole body moving at maximum running speed, as in the sprinter. Speed is a scalar quantity that refers to how fast an object is moving. Speed can be thought of as the rate at which an object covers the distance. Explosive strength refers to the ability to develop max force in minimal time without the use of the plyometric stretch-reflex. The main purpose of the study was "the effect of training on improvement of Speed and explosive strength ability". Then the data were analyzed with reference to the objectives and hypothesis by using independent t-test to find out the improvement of speed and explosive strength through the training by using SPSS 15.0 statistical software and the results obtained thereby have been interpreted.

Essential Skill

However valid, reliable and adequate the data may be, it does not serve any useful purpose unless it is carefully processed, systematically classified and tabulation, scientifically analysed, intelligently interpreted and rationally concluded. After the data had been collected, it was processed and tabulated using Microsoft Excel-2010 software. The data collected on speed and explosive strength test for 28 girls of Karnataka State Akkamahadevi Women's University Vijayapura. The main purpose of the study was "The effect of training on improvement of Speed and explosive strength ability". Then the data were analysed with reference to the objectives and hypothesis by using independent t-test to find out the improvement of speed and explosive strength through the training by using SPSS 15.0 statistical software and the results obtained thereby have been interpreted. The level of significance set at 0.05% level of significance was considered to reject or accept the null hypothesis. On the basis of objectives the following hypothesis was formed. Handwriting speed plays

an important role in academic success since it is directly related to the ability to express knowledge about different subjects. It is one of the most unique features of human's cultural development. It continues to be an essential life skill, in daily-life, as a form of communication, archiving, expression of creativity and knowledge. Therefore it is an essential skill one should possess in today's context and it forms an integral part of a student's life whether primary, secondary, or tertiary.

Paradoxical

Researchers have found that, students complain that they get tired after writing for a few minutes. Many factors influence handwriting such as anatomy of extremity, general health, mental acuity, writing instrument and surface. During the process of handwriting most of the movements come from the forearm while shoulder provides the power with minimum movement occurring at fingers and wrist. Strength and flexibility of the muscles and the overall posture of the writer affects the final output. The most common pen-holding position, is keeping the pen between the index and middle fingers, and holding it in place by the thumb. Joint position sensation is the most important factor in determine handwriting. Though it seems paradoxical, since small muscles having better control, the shoulder- girdle group once trained, does the job better. Slow handwriting or typing not only increases the time required to complete assignments, but it also changes the whole nature of writing. When the tempo of writing is slowed way down or the writing is constantly interrupted by the manual task, students never learn to flow through ideas and words. In competitive exams or regular school exams, a particular method for assessing an individual's ability is followed, wherein one's knowledge is tested within a particular time. Failure to do so not only affects the performance, but also has an adverse effect on the confidence of the student. Further, research has indicated that slow handwriting leads to avoidance of writing thus resulting in low self-esteem, evading academic work and possibly ending with learning difficulties and behaviour problems.