

Effects of Core Stability Training on Physical Performances and Core Endurance Among Male Rugby Players: A Randomized Controlled Trial

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Core Stability Training (CST) is used to enhance sports performance despite limited evidence that CST alone lead to improve performance. The effect of CST on core endurance, speed, agility, upper and lower body power in rugby players had not been evaluated before. The objective of this study was to evaluate physical performances and core endurance following a CST intervention in male rugby players. Eight players (mean \pm SD age, Height, and body mass of 25.25 ± 2.4 years, 164 ± 3.0 cm, and 69.6 ± 14.9 kg, respectively) participated in the training which consisted of CST sessions complementary to the usual training, three times per week for six weeks as the intervention group and eight players (mean \pm SD age, Height, and body mass of 29.75 ± 4.0 years, 166.0 ± 4.0 cm, and 72.3 ± 19.1 kg, respectively) as the control group followed the usual training. Four tests, (back extensor, abdominal fatigue, right bridge, left bridge) performed to measure core endurance. Significant improvement in lower limb power ($p=0.04$) presented in the intervention group. Significant difference was noted in right side core endurance ($p=0.02$) in intervention group compared to control group. Other performances were not significantly different in both groups.

Key words: Core stability, Physical performance, Rugby players