

## DOES OVERWEIGHT AFFECT STATIC BALANCE IN HEALTHY YOUNG ADULTS: A PILOT STUDY

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### ABSTRACT

#### Background

Researchers claim scatteredly distributed association between anthropometric variables with balance. Very few studies have been carried out in this interest and reported poor correlation between anthropometrics and balance having its shortcomings in methodologies. Yet overweight group alone was not a concern for researchers in correlating its influence on static balance.

#### Methods

For this cross sectional study, 24 healthy adults were elected on the basis of Asian BMI classification to stratify into normal weight group (12) and overweight group (12). Flamingo test was administered on both group with three trails and average was noted.

#### Results

Descriptive demographic data provided. Mean Flamingo test value for right leg stance of normal weight group was  $0.068 \pm 0.05$  and overweight group was  $0.045 \pm 0.04$ . When *t* test administered for comparison, the drawn *p* value was 0.31. Mean Flamingo Test value for left foot of normal weight group is  $0.04 \pm 0.02$  and of overweight group is  $0.02 \pm 0.01$ . When *t* test administered for comparison, the drawn *p* value was 0.02.

#### Conclusions

This study concludes that there was mean increase in static balance reported in right leg stance in Flamingo test. But on left side stance significant difference was found between these two groups.

**KEYWORDS:** Flamingo Test, BMI, Base of Support, COG

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