



The Effects of 10-Weeks Cyclic Yoga on Hyperkyphosis Abnormality of Overweight Middle-Aged Women in Kermanshah

Oral Presentation

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Abstract

Introduction: Hyperkyphosis is an exaggerated thoracic curvature (Micheli et al., 2014) related to aging, poor postures, and fat mass (Roghani et al., 2017). However, the emphasis on spinal exercises reduces the kyphosis angle, and yoga is one of the few types of physical activity recommended regardless of age and fitness level (Grabara, 2013). Because Cyclic Yoga is a new style in Hatha Yoga designed by considering enhancing the positive effects on spinal flexibility, few studies have been conducted in this style. The purpose of this study was to investigate the impact of 10-week Cyclic Yoga on hyperkyphosis abnormality of overweight middle-aged women in Kermanshah.

Methods: The study participants were 42 middle-aged females with a mean age of $53/67 \pm 4/388$ who were selected by targeted Sampling. All the participants have abnormality hyper kyphosis and are overweight. Subjects divided into two groups as exercise and control group. The exercise group received yoga intervention for ten weeks, three sessions per week, and 50-90 minutes per session. Kyphosis angle and some anthropometric indices were measured by flexible ruler (Mirbagheri, et al, 2015) and body composition analyzer. Data analysis was performed using descriptive statistics. One-way Anova was used for group comparison, and a dependent T-Test was used for in-group measurement. Statistical analysis was performed with SPSS version 24 software.

Results: Statistical analysis of the data of the angle of thoracic kyphosis showed a significant decrease in the experimental group between in thoracic curvature ($p=0/000$). There was a significant increase in the angle kyphosis in the control group ($p=0/000$).

Conclusion: The present study's findings revealed that Cyclic Yoga exercises improve thoracic kyphosis angle in case of excessive thoracic curvatures of the spine.

Keywords

Cyclic Yoga; Hyper kyphosis Abnormality; Middle-Aged

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