THE EFFECT OF A 7-WEEK PROGRESSIVE YOGA INTERVENTION ON HAMSTRINGS FLEXIBILITY

Trayer Run-Kowzun, Toni T. LaSala, Michael Figueroa, Department of Kinesiology, William Paterson University, 300 Pompton Rd. Wayne, NJ 07470

Abstract

Purpose: To determine the effect of a 7-week progressive yoga intervention on hamstrings flexibility using a digital goniometer. It was hypothesized that hamstring flexibility will increase in as healthy young adult population. Methods: Thirty-one college-aged males and females ($M = 21 \pm 2.62$) years participated in 110 minutes twice per week for a 7-week progressive yoga intervention. Pre and post-test measurements were taken to determine hamstring flexibility on the right and left leg using a digital goniometer. Results: A paired samples t-test indicated a significant difference in the pre and post-test on hamstring flexibility ($p < .000$). Results for the right leg pre-test ($M = 78.29 \pm 7.98$) and post-test ($M = 82.99 \pm 6.92$) and from the left leg pre-test ($M = 77.41 \pm 8.64$) and post-test ($M = 81.67 \pm 7.74$) indicated an improvement after the intervention. Average range of motion increase was 4 degrees in both legs. Conclusion: Hamstring flexibility can be improved with a progressive 7-week Hatha yoga session and may be used as a modality to improve flexibility and function in activities of daily living as well and athletic performance.