

## PERFORMANCE POSTURE CORRELATION: A STUDY IN THE WOMEN'S WATER POLO

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### ABSTRACT

#### Purpose

This study analyzed the postural aspect of 14 professional female water polo athletes. There are no studies in the literature dealing with this aspect in water polo.

Usually athletes perform exercises to compensate for pain situations due to a wrong posture.

The purpose of this study is to evaluate, by spinometric examination, any abnormalities in the posture of these athletes and to report them to possible snout situations that may adversely affect their sports performance.

#### Methods

Each athlete is subjected to a spinometric examination with the "Formetric Spinometer" device at the Corpora di Gricignano, This exam allows to obtain three-dimensional images with a margin of error of less than 0.2 mm. It is a safe system, and in fact, not it emits radiation and can therefore be repeated with a certain frequency, it also provides a series of data that together provide a detailed assessment of the posture of the subject

#### Results

The results of these examinations provided a series of data on the individual spine's spinal physiological curves and were correlated to sport performance and physical state of fitness.

#### Conclusions

No such correlation has been established with regard to the generation of these data and the lack of proper posture and as a consequence of poor posture and sports performance

**KEYWORDS:** Spinometria Formetric, Postura, Performances