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# EFFECTS OF A SPECIFIC PROPRIOCEPTIVE TRAINING ON INJURY PREVENTION IN BASKETBALL PLAYERS

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## Background and Aims

Basketball carries a high risk of both chronic and acute musculoskeletal injuries, affecting various parts of the body. This study aimed to investigate the impact of a specific proprioceptive training protocol on professional basketball players.

## Methods

Thirty male basketball players ( $M = 21.93$ ,  $SD = 3.75$  years) were divided into two groups: an experimental group ( $n = 15$ ) and a control group ( $n = 15$ ). The experimental group completed an adapted proprioceptive training program designed to enhance position-specific skills, following their regular team training. The parameters assessed included longitudinal body axis alignment, spinal range of motion, and total plantar load distribution. These were measured at three time points: baseline ( $T_0$ ), after 4 weeks of training ( $T_1$ ), and after 8 weeks of training ( $T_2$ ).

## Results

Data analysis showed a significant improvement of the assessed parameters in the experimental group, compared to the control group.

## Conclusion

In conclusion, the findings highlight the effectiveness of specific and detailed training programs in injury prevention, offering valuable insights for coaches and sports psychologists.

**Keywords:** Basket; injury; prevention; performance; trauma;