

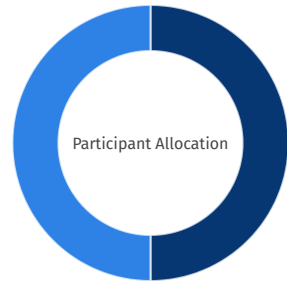
Bowen Mulligan Comparison

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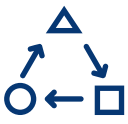
Background

Hamstring tightness is common in kabaddi players, reducing function and increasing injury risk.



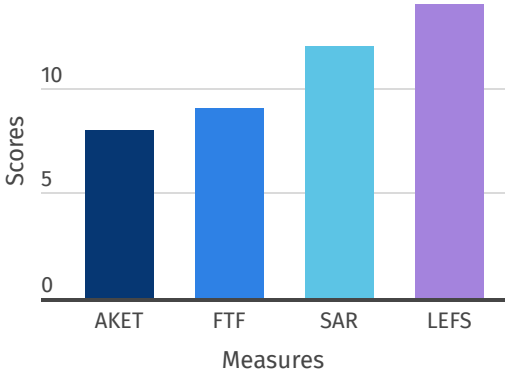
Study Design

A randomized controlled trial was conducted on 44 male kabaddi players to compare both techniques.



Methods

Participants received either Bowen's Technique or Mulligan's BLR for 6 weeks, focusing on hamstring flexibility.



Results

Significant improvements observed in AKET, FTF, SAR, LEFS in both techniques after interventions.



Findings

Mulligan's BLR technique showed superior improvement in active knee extension compared to Bowen's technique.



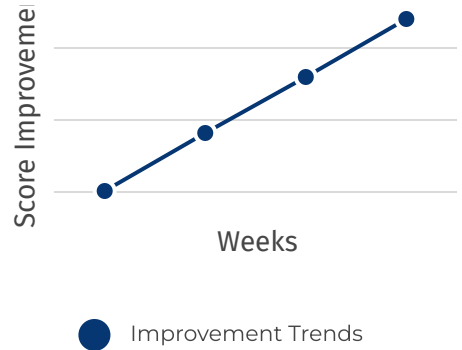
Conclusion

Both techniques improved flexibility; Mulligan's was slightly more effective in AKET, benefiting rehabilitation.



Analysis

Statistical analysis showed significant improvement among participants, confirming the effectiveness of both methods.



Implications

These findings support the use of Bowen's and Mulligan's techniques in sports rehabilitation programs to enhance performance and reduce injury risk in athletes during their training.