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## **EFFECTIVENESS OF PLYOMETRIC EXERCISE ON LOWER EXTREMITY FUNCTION AMONG CLASSICAL BHARATANATYAM DANCERS.**

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**Background:** Aramandi is the most basic position in Bharatanatyam which is like Demiplier position of ballet dancers in which both the legs were internally rotated. Gaining proficiency in Bharatanatyam requires rigorous training for prolonged periods of time while maintaining specific postures which begin at a very young age during the adolescent growth spurt.

**Objective.** To find out the effectiveness of plyometric exercise on lower extremity function among classical Bharatanatyam dancers

**Methods.** Totally 20 classical dancers were recruited in accordance with inclusion criteria. Classical dancers were given plyometric exercise. Post-test taken for 20 participants with regular follow up. The LEFS questionnaire is an outcome measure that is used before and after the treatment.

**Result.** The obtained data were analyzed by using paired 't' test comparison of pre and post-test value for LEFS questionnaire the p value is 0.001. Hence, it is concluded that the LEFS questionnaire has highly significant.

**Conclusion.** This study concluded that plyometric exercise had beneficial effect to shows that there is an improvement on lower extremity function among classical Bharatanatyam dancers.

**Keywords.** Classical Bharatanatyam Dancers, Plyometric Exercise, LEFS Questionnaire.