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Impact of Menstrual Phases on Coordination – A Review

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Abstract

Statement of the Problem: Menstruation is a process which commonly affect a female in various ways, physically as well as mentally. During various phases of menstrual cycle (follicular phase, luteal phase and ovulatory phase), neuromuscular coordination affects differently. It's a need of the hour to identify the impact of the menstrual phases on coordination and the performance of the females among different age groups.

Methodology: PubMed, OVID-SP and Google Scholar have been searched for the literature using search terms like ("menstruation" AND "coordination"), ("menstrual cycle" AND "neuromuscular coordination") etc. All types of Randomized Clinical/ Control trial, observational/cross-sectional studies, reviews and published thesis were included, written in English from Inception to date. Findings: 9 articles have been reviewed suggesting that neuromuscular coordination is greatly enhanced during ovulatory phase while impaired in luteal phase and worst during the follicular or menstrual phase.

Conclusion: it has been concluded that neuromuscular coordination has been greatly impacted in all phases of menstruation and thereby affecting the functional performance of the females. It has also been observed that whatever literature has been published till date, only briefed about the adult females with age group more than 18 years. But no such data has been established for the younger ones. Hence this review suggests to find the impact of menstruation during different phases on coordination among girls of age less than 18 years.

Biography

Nidhi Sharma, PhD Scholar in Physiotherapy from Maharishi Markandeshwar (Deemed to be University), Mullana-Ambala, Haryana, India. She has 14 international and national publications and 26 copyrights registered with government of India. She has an academic experience of 13 years, with her area of interest in women's health, coordination disorders, reference values, outcome measures, psychometric properties and various neurological conditions.