

## عنوان مقاله:

Effect of a 6-Week Balance Training Program with Shuttle Balance on Balance, Gait Speed, and Fear of Falling in Elderlies

## محل انتشار:

مجله سلامت سالمندان, دوره 5, شماره 2 (سال: 1398)

تعداد صفحات اصل مقاله: 7

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## خلاصه مقاله:

**Introduction:** Falls are considered as the major health problem in ageing and the damages caused by falls (such as fractures, disability, heavy costs on government and family, and death) are the major concern of the World Health Organization. So, determination of risk factors and specific ways to prevent falls in the elderlies are of great importance. The aim of this study was to evaluate the effect of a six-week shuttle balance exercises on balance, gait speed, and risk of falling in elderlies. **Methods:** This randomized controlled trial study was conducted with the pre-test and post-test design among the elderlies in Tehran, Iran. To conduct the study, 30 healthy men and women older adult were randomly divided into the experimental (n = 16) and control (n = 14) groups. Members of the experimental group participated in the six-week exercise program, which was held in three 90-minute sessions per week. The intervention involved five exercises conducted in presence of the researcher. Data were collected using the valid and reliable instruments of Berg Balance Scale, Timed Up and Go Test, and the Falls Efficacy Scale International. Data were analyzed by independent t-test, paired sample t-test, and analysis of covariance at the significance level of 95% using SPSS 19. **Results:** The study findings showed that balance training with shuttle balance improved the participants' balance, gait speed, and fear of falling significantly ( $p < 0.05$ ). **Conclusion:** The six-week balance exercises with shuttle balance improved the participants' walking gait and reduced the risk of falling in elders. These results highlight the beneficial effects of shuttle balance over other devices, such as more security, adjustability of height in chair arms, and possibility to enhance its exercise programs. Therefore, balance shuttle can be applied to improve balance, increase gait speed, and reduce falling risk in elderlies.

## کلمات کلیدی:

Shuttle Balance, Balance, Gait Speed, Fear of Falling, Older Adults

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