

عنوان مقاله:

The Effect of Eight Weeks of Aerobic Exercise on Balance Function and Physiological Cost Index in Multiple Sclerosis Patients

محل انتشار:

فصلنامه تخصصی تحقیقات سلامت, دوره 9, شماره 4 (سال: 1399)

تعداد صفحات اصل مقاله: 9

نویسندگان:

Mohammad Reza Sadeh - 1. Department of Physical Education of University of Najafabad, Branch of Azad University, Isfahan, Iran

Reza Sharifatpour - 2. Department of Sports Sciences, Faculty of Psychology and Educational Sciences, University of Yazd, Yazd, Iran

خلاصه مقاله:

Introduction: Muscle weakness and balance problems are limiting factors in Multiple sclerosis patients that can be improved due to physical activity. The purpose of this study was to investigate the effect of 8 weeks of aerobic exercise on balance function and Physiological Cost Index in patients with MS in Yazd city in 1394. **Methods:** This quasi-experimental study was conducted in two stages: pretest and post-test. The subjects were selected by targeted and available sampling and randomly divided into training and control groups that included 30 patients (15 in the experimental group and 15 in the control group). The subjects were randomly divided into two groups of experimental and control. Subjects in the experimental group participated in an aerobic exercise program for eight weeks, three days a week, each session of 60-90 minutes with an intensity of 50-70% of maximum heart rate. For statistical analysis we used descriptive statistics such as mean, standard deviation, and the Shapiro-Wilk test used to measure the normality of the data, independent t-test and the covariance (ANCOVA). The significance level of the tests was $p < 0.05$ by using the SPSS-25 software. **Results:** ANCOVA results revealed that the selected aerobic training significantly increased both static balance ($p = 0.007$) and dynamic balance ($p = 0.001$). Moreover, aerobic training positively influenced the physiological cost index ($P = 0.001$). **Conclusion:** aerobic exercise can improve both static and dynamic balance and increase the Physiological Cost Index in M.S patients. Therefore, these exercises are recommended for patients with MS.

کلمات کلیدی:

Aerobic exercise, Balance, MS patients, Physiological cost index, تمرین هوازی, بیماران ام اس, تعادل, شاخص هزینه فیزیولوژیک

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1146555>



