

Otago Exercise Programme in Elderly for Strength, Balance and Mobility

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Abstract

Background :- Elderly population develops many health related disorders which disrupt their balance and so functional performance. Many treatment options are available and Otago Exercise Programme (OEP) can be more effective hence objective of this study was to find out the effect of OEP on Strength, Balance and Mobility in elderly and to find out the long term effectiveness and adherence of the Programme.

METHODOLOGY- In this randomized controlled Trial, 30 elderly participants with age 60 years and above with the history of falls at least once and walking independently with or without assistive device were included. With random sampling, two groups of 15 each were made. Pre assessment was done by time up and go test (TUG), 4 stage balance test, 30 sec chair stand test and 10 metre walk test. OEP comprising of Strengthening and balance exercises were given to the experimental group and theraband strengthening was given to the control group for 3 sessions/week supervised for 4 weeks and participants were instructed to do the same exercises at home for next 4 weeks. Post outcome measures were assessed at the end of 4 and 8 weeks. Adherence was checked by the exercise adherence questionnaire.

RESULTS- The experimental group showed statistically significant improvement in Strength, Balance and Gait speed (P value<0.05) than control group. Mean difference in TUG post treatment score in Group A was 2.733 and Group B was 0.6. Mean difference in 30 sec chair stand test score for Group A was 1.067 for and Group B was 0.2.

CONCLUSION- Otago Exercise Programme is effective in improving Strength, Balance and Mobility in the elderly, thus preventing falls in them.

KEYWORDS- Elderly, Strength, Balance, Mobility, Falls, Otago Exercise Programme

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