

Paper Category:	Physical Activity and Exercise
Paper Title: (Arial Font; 14 Pt Size)	Balance training effects in community dwelling Sarcopenic elderly in eastern India: a pilot study
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>Background Balance training is an important component of managing sarcopenia as it helps improve stability, prevent falls, maintains overall mobility which in turn results in mental well-being. Balance training and prevention of fall in Sarcopenics is relevant to a country like India whose elderly population is currently approximated at 138 million.</p> <p>Objectives To evaluate the effects of a supervised, simple non-instrumented balance training exercise protocol in a cohort of older adults assessed by the Berg Balance Scale (BBS), Timed Up and Go test (TUG) and the Sarcopenia Quality of Life scale (SarQoL)(translated into Bangla).</p> <p>Method: 46 older adults, age range 65-80 years were randomly selected and divided into an experimental group (EG) and control group (CG). The EG underwent un-instrumented balance training. The CG did general range of motion exercises. Each group received 3 sessions/week for 8 weeks. Participants were assessed pre and post intervention for all 3 outcome measures. An un-paired t test analysed differences between the two groups. Pearson correlation were used to identify the relationship between demographics (age, gender, BMI) and physical outcomes. A chi-square test was performed to identify differences in nominal data between the 2 groups.</p> <p>Results After 8 weeks of simple non-instrumented balance training, the EG exhibited improved mean scores for the TUG, BBS and SarQoL compared to the CG. With the un-paired t test, a significant between-group difference was observed in the BBS scores and SarQoL scores ($p < 0.01$) but not for the TUG scores. No significant correlations were observed. No differences were observed in gender performances for the physical functions.</p> <p>Discussion and Conclusion: Balance training, an essential component of maintaining function for sarcopenics can be implemented without instrument, at low cost, to improve function and quality of life in merely 8 weeks. The SarQoL translated and validated into the local language 'Bangla' aided in exploring several dimensions of Sarcopenia which were useful as the patient group was community dwelling.</p>	

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