

Effect of Balance Training in Individuals with Sarcopenia - A Pilot Study

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Abstract

Background and Objectives: Sarcopenia are caused by a complex and interrelated set of pathophysiological processes. It is associated with a low-inflammatory state and involves not only muscle tissue loss and muscle contractile failure, but also endocrine and metabolic problems. The objective of the study is to find out the effect of balance training in subjects with sarcopenia.

Methodology and Methods: Ten samples that fulfilled the inclusion and exclusion criteria were selected for the study and were divided into two groups. Group A – balance training and Group B – conventional treatment, outcomes were measured using a berg balance scale and skeletal muscle mass formula and fall score.

Results and Discussion: The statistical significance showed that the p value (0.005) of Group A was found to be more significant than Group B, which proves that during balance training has improved fall risk score in subjects with sarcopenia.

Novelty: Balance training is a new form of treatment approach proven to be effective in improving the skeletal mass, fall score in subjects with sarcopenia.

Keywords: Balance Training; Skeletal Muscle Mass; Fall Score; Berg Balance Score