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Chonticha Kaewjoho, Sugalya Amatachaya, Thiwabhorn Thaweewannakij, Lugkana Mato and Saowanee Nakmaroeng  
Khon Kaen University, Thailand

**C**urrent methods for functional improvement and fall reduction for elderly commonly involve various types of exercises on hard surfaces. Several studies reported challenging effects of unstable so surfaces, without clear evidence on the incorporation of so surfaces to improve functional ability in elderly. This study compared effects of three week exercises on a so surface on function ability relating to levels of independence in 14 elderly causing a quasi-experimental design. The participants were trained using a Tai dancing program on a so surface for 50 minutes/session, three times/week over three weeks. Before and after the program, participants were assessed using the 10 meter walk test, five times sit-to-stand test, time up and go test and six minute walk test (6 MinWT). The dependent samples t-test was used to compare the findings before and after training with the level of statistical significance at p value<0.05. The results indicated significant improvement in all functional tests, except the 6 MinWT. The findings may confirm a high demand of unstable and so surface that could significantly improve walking, balance and lower limb muscle strength of the participants within three weeks. However, the training period may be insufficient to clearly improve endurance of the participants. Therefore, apart from various types of exercise, a so surface may be applied to promote levels of independence for elderly. However, the effects found in this study were a combination between Tai-dancing and so surface. Therefore, a further randomized controlled trial is needed to clearly confirm effects of surface and exercise used in the study.

## Biography

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Khon Kaen, Thailand. She is a Physiotherapist and interested physical therapy in elderly.

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