

## THE BENEFIT OF PHYSIOTHERAPY – AEROBIC TRAINING AND STRENGTH TRAINING – AS NON-PHARMACOLOGICAL TREATMENT OF NEUROPSYCHIATRIC SYMPTOMS IN ELDERLY WITH MILD COGNITIVE IMPAIRMENT (MCI) AND ALZHEIMER'S DISEASE (AD)

Ana Maria Tabet de Oliveira and Paulo Renato Canineu

<sup>a</sup> 3RQWLÀFDO &DWKROLF 8QLYHUVLW\ RI 6mR 3DXOR %UDJLO

**Statement of the Problem:** Considering the raising of worldwide longevity and the consequent raising of degenerative diseases such as Alzheimer's disease, a current public health priority, it is important to seek approaches of treatment for improving the quality of life of these elderly which presents impairment of functional capacity, cognition and in behavior aspects. Up to date, the pharmacological treatment has presented limited symptomatic effects and the non-pharmacological interventions have gained more attention as well for the AD as for its previous stage, the Mild Cognitive Impairment (MCI). The purpose of this study is to evaluate the benefit of a specific non-pharmacological treatment, the physiotherapy, through two approaches – aerobic training (walking, cycling) and resistance training (strength training) in alleviating neuropsychiatric symptoms – depression, apathy, agitation – in this population.

**Methodology:** A systematic review of the literature published between 2015 and 2017 was conducted with searches in three databases: Pubmed, Medline and Cochrane Library.

**Findings:** The most prevalent conclusion among these studies is that these two approaches of physiotherapy (aerobic and resistance training) for elderly diagnosed with MCI and AD act in a neuroprotective way, being able of postponing both the functional decline and the behavior worsening.

**Conclusion & Significance:** The physiotherapeutical proposal suggested in this study is safe and effective as an adjunct non-pharmacological treatment for elderly with MCI and AD. However, more carefully elaborated observational studies with broader populations is recommended to definitively establish the role of these two physiotherapeutical approaches in improving neuropsychiatric symptoms at the referred population.

### Biography

Ana Maria Tabet de Oliveira is a physiotherapist, with master's degree in Gerontology from Pontifícia Universidade Católica de São Paulo (PUC-SP). Acts in

KRPHFDUH DQG FOLQLF VHWLQJV RI WKH HOGHUO\ VLQFH DQG IRFXVHV LQ WKH FOLQLF DQG DFDG

Notes: