

Effects of Yang Style Tai Chi Exercises Combined with Mental Imagery Training on Balance and Fall Prevention in Elderly

Farah Naqvi¹, Misbah Ghous^{2*} and Saira Jahn²

¹Physical Therapist, Railway General Hospital, Rawalpindi, Pakistan

²Faculty of Rehabilitation & Allied Health Sciences, Riphah College of Rehabilitation Sciences, Islamabad, Pakistan

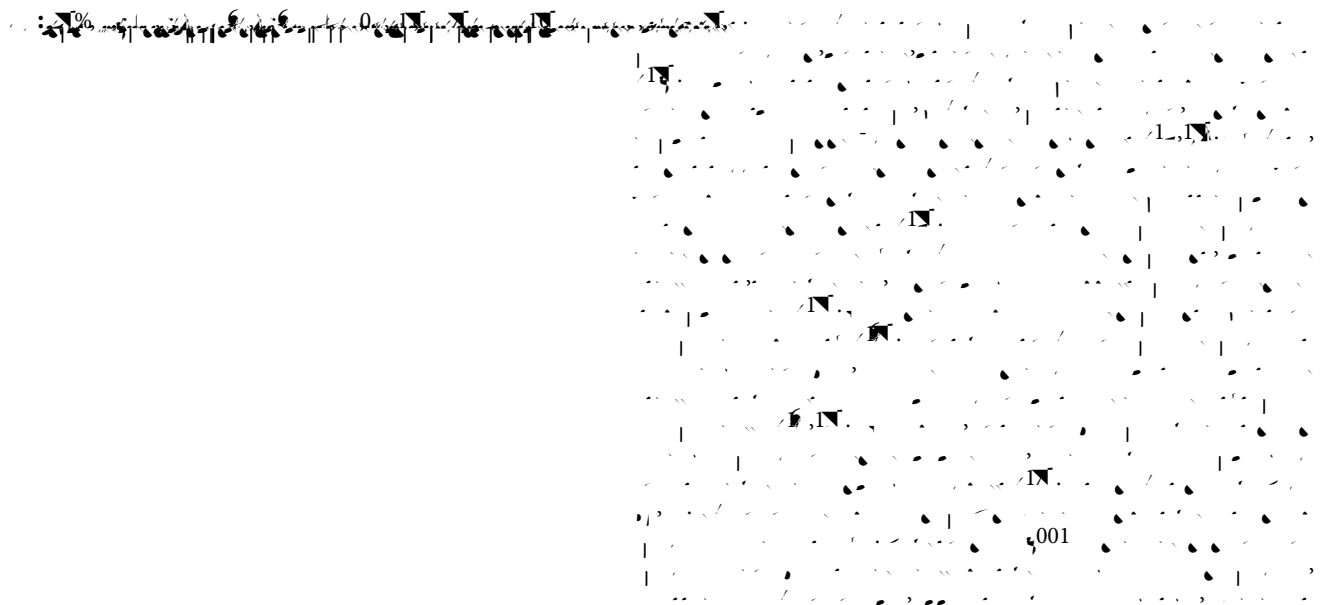
Abstract

Objectives: The objective of this study was to examine the effects of Yang style Tai Chi exercises combined with mental imagery training on balance and fall prevention in the elderly.

Methodology: It was a Randomized control trial, done on sixty patients. Participants were randomly assigned to either experimental group (63.94 ± 2.4 years) receiving motor imagery training with Tai Chi exercises while the control group (63.51 ± 2.7 years) performed only Tai Chi exercises for 8 weeks. Berg balance scale (BBS), Timed Up & Go test (TUG) mental imagery questionnaire-revised (MIQ-RS) and fall efficacy scale (FES) was used to evaluate the outcomes at baseline, 4th week and after 8th week of training.

Results: The results showed that 38(63.3%) were males and 22 (36.6%) were females. BBS, TUG test, MIQ-RS, and FES showed significant ($p < 0.001$) improvement within-group analysis, whereas between-group analysis showed non-significant improvement ($p > 0.001$) on all outcome measures except mental imagery questionnaire which showed significant difference post-intervention in both groups.

Conclusion:



*Corresponding author: Misbah Ghous, Faculty of Rehabilitation & Allied Health Sciences, Riphah College of Rehabilitation Sciences, Islamabad, Pakistan, E-mail: drmisbahghous@gmail.com

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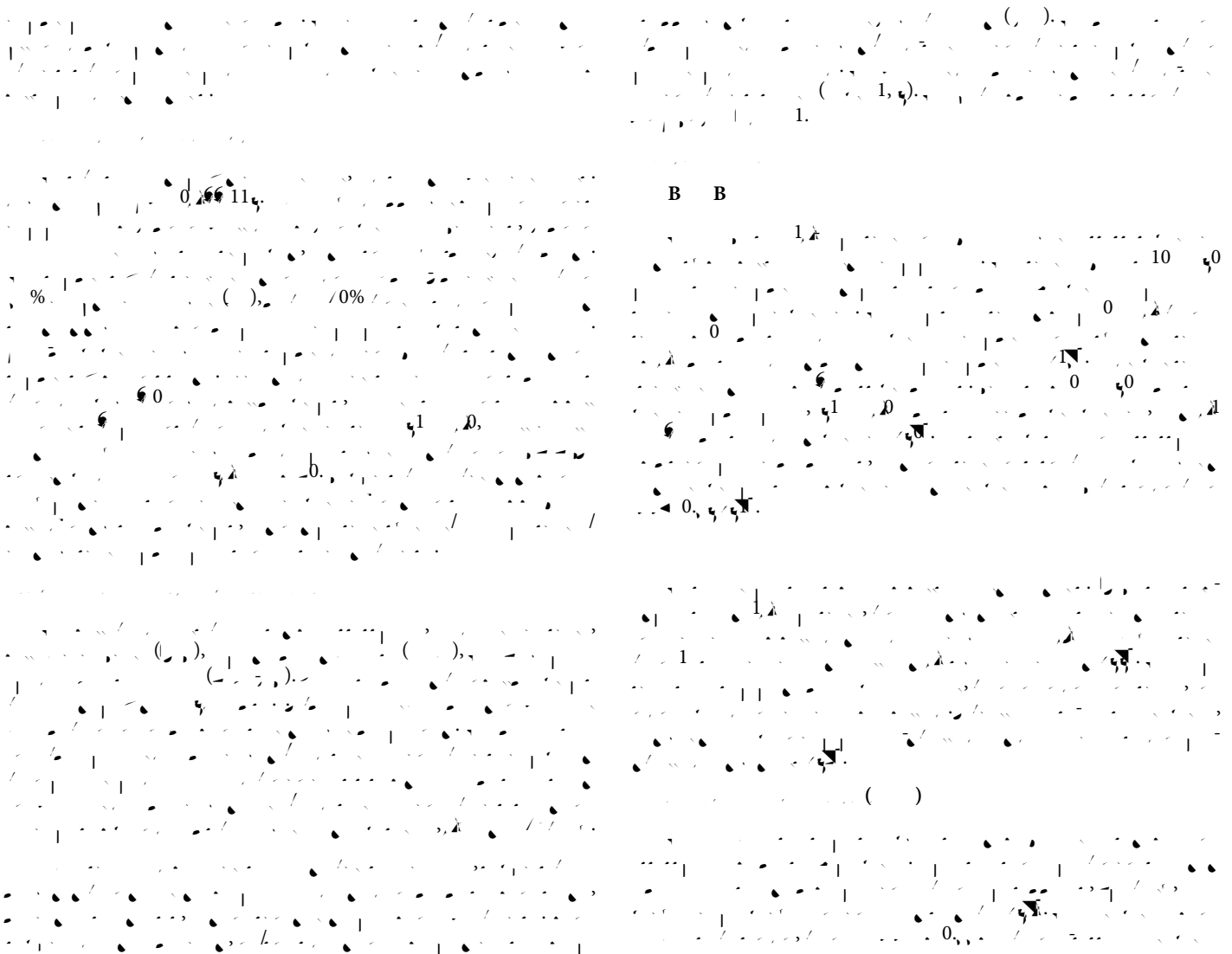
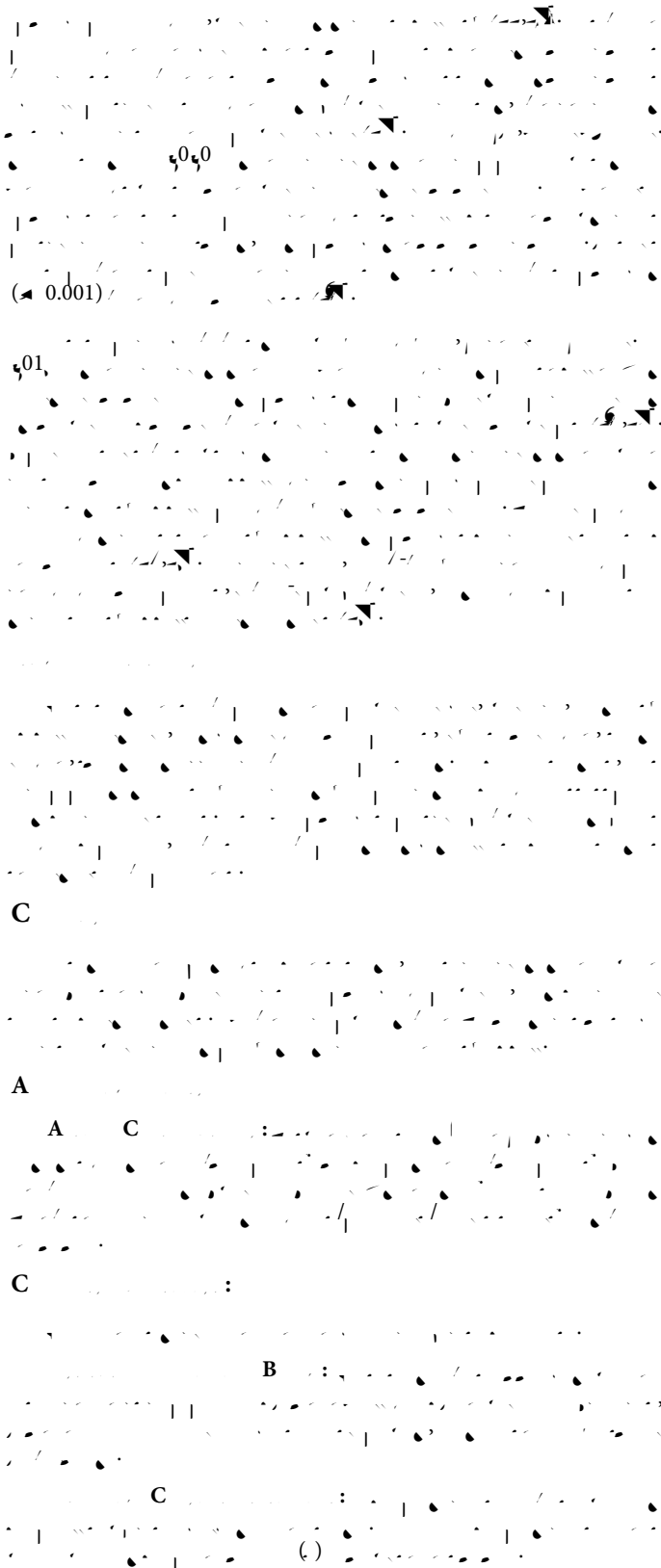


Table 1: Intervention protocol

Experimental group	Control group
<p>The Experimental Group received Yang-style Tai chi training combined with mental Imagery training which consists of different positions. These exercises were performed three times a week and total for eight weeks.</p> <p>A certified TC instructor handled the class for the whole program. TC has many styles, and we found that the Yang style was the most appropriate because it had the important characteristics relevant to MI and somatosensory enhancement. These characteristics included slow coordinated movement, weight shifting with wide steps, a one-leg stance, stretching, and mental concentration, Grasping the sparrows tail left; Grasping the sparrows tail Right; Cloud Hands; Repulse Monkey; Part wild horse Mane; Brush knee Twist step; Lift kick left; Lift kick Right;</p> <p>The exercise was conducted over a thick mat and with shoes of for greater sensory enhancement and challenge as indicated in previous studies. In this study, we used MI strategies, for example, subjects were asked to concentrate on the sequence of each movement in TC. Also, they were asked to mentor the exercise visually from the TC instructor before they executed any movement. Then, they were instructed to do and feel the movement sequence while they visually were watching themselves in the front of the mirror with supervision from the instructor to correct any movement if needed to achieve better outcomes as reported in a previous study.</p>	<p>The Control group received Yang style Tai chi exercises which comprise of different positions: weight shifting with wide steps, a one-leg stance, stretching, and mental concentration, Grasping the sparrows tail left; Grasping the sparrows tail Right; Cloud Hands; Repulse Monkey; Part wild horse Mane; Brush knee Twist step; Lift kick left; Lift kick Right.</p> <p>These exercises were performed three times a week and total for eight weeks.</p>

Table 2: Groups, the sessions in experimental and control group

Groups	Total no. of session	No. of Repetitions in 1 st and 2 nd week	No. of Repetitions in 3 rd and 4 th week	No. of Repetitions in 5 th and 6 th week	No. of Repetitions in 7 th and 8 th Week
Experimental Group	24 session	10 reps	15 reps	20 reps	25 reps
Control Group	24 session	10 reps	15 reps	20 reps	25 reps



References

- 1.

