

The effect of core stability exercise training on balance Of elderly people

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ABSTRACT

This study intends to survey the effect of core stability exercise training on balance of the elderly people. The research population is all men and woman's living in Ankara nursing home. Therefore the aim of this study was to evaluate the effects of a core stability training program on balance of the elderly people. The samples were purposefully selected among the elderly people who are not affiliated with beds and mentally able to work (age: 77.58 ± 5.91 years, weight: 70.76 ± 5.71 Kg, height: 159.77 ± 7.1 cm). The supervised training program lasted for 4 month, 45 to 60 minutes per day, 3 days a week. Weight and height were measured using a 180 SECA digital column scale and body mass index (BMI) was calculated. Postural stability was measured using a Biodex Balance System SD (BBS) which is an instrument designed to measures and trains the postural stability on a static surfaced. To compare the data before and after the exercise program paired t test was used. Levels of statistical significance were set at $p \leq 0.05$. Significant differences were seen between pre and post BBS after the applying Core stabilization training program. The score of BBS test for post-test in comparison with the pre-test increased.

Keywords: Core stabilization training, Balance, Biodex Balance Test, elderly population

INTRODUCTION

Nowadays, falls are one of the largest public health problems among elderly people due to the high morbidity, mortality and costs for the family and society. The results of several studies conducted that physical activity is a powerful tool for maintaining independence in older people. Meanwhile, recent studies have shown that muscle function in the core region of the body plays an important role in balancing the lumbar pelvic area. Core section of the body acts as a muscle box and plays a key role to help the stability of spin and pelvic muscles when performing basic functional movement. This study intends to survey the effect of core stability exercise training on balance of the elderly people. The research population is all men and woman's living in Ankara nursing home. Therefore the aim of this study was to evaluate the effects of a core stability training program on balance of the elderly people.