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Effectiveness of Functional Pattern Training to Improve Trunk Stability in Elderly Population

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Abstract

Introduction: the trunk plays a major role in maintaining pelvis and spinal stability and as people age, their ability to perform functional tasks declines, leading to stiff postures and stiff trunk muscles. functional pattern training is combining trunk components with upper, trunk and lower extremities that can enhance balance in the elderly population.

Methods: the study examined trunk and balance disturbances in elderly individuals aged 50-75 years, both male and female. the research was conducted at sri ramachandra institute of higher education and research, faculty of physiotherapy opd, and outpatient departments of old age homes in chennai. 42 elderly subjects were recruited, categorized into two groups: interventional and control. trunk stability was assessed using a trunk stability test.

Results: the study found significant results in both group 1 and group 2 for best outcome measures scores. the bestest scores for functional pattern training and conventional balance training of elderly subjects were 68.00 in pre-test and 74.00 in post-test. the paired t test showed significant differences in functional pattern training compared to conventional balance training, except for stability limits and gait.

Conclusion: functional pattern training along with conventional balance training is effectively improves the trunk flexibility, stability and balance in elderly subjects and also reduce the fear of fall in future.