

# Effectiveness of Backward Walking Training in Improving Balance in Elderly Population

Deepthi S<sup>1</sup>, A Rajarajeswari<sup>2</sup>

<sup>1</sup>Postgraduate Student,<sup>2</sup>Associate professor, Faculty of Physiotherapy, Sri Ramachandra Institute of Higher Education and Research, (SRIHER), Porur, Chennai.

E-mail Id: sdeepthidepu@gmail.com

## Abstract

*Introduction:* Maintaining balance is crucial for the elderly to prevent falls and maintain independence. Backward walking training has shown promise in improving balance in this population. This study aimed to assess the effectiveness of backward walking training compared to conventional balance exercises in improving balance among elderly individuals.

*Methods:* A total of 42 elderly participants aged 50 to 75 years were recruited and divided into Interventional (n=21) and Control (n=21) groups. The Interventional group underwent backward walking training sessions, while the Control group received conventional balance exercises. Pre and post-tests were conducted using the Berg Balance Scale and Dynamic Gait Index.

*Results:* Significant improvements in dynamic balance and gait speed were observed in the Interventional group compared to the Control group.

*Conclusion:* Backward walking training appears to be more effective than conventional balance exercises in enhancing balance and gait parameters among the elderly population. This suggests its potential utility in fall prevention strategies and rehabilitation programs for elderly individuals.