

Effects of Tele-Based Exercise Training on Postmenopausal Symptoms-Literature Review

Devi Jayalakshmi S J¹, B Sathya Prabha²

¹Post Graduate Student, ²Assistant Professor, Faculty of Physiotherapy, Sri Ramachandra Institute of Higher Education and Research, (SRIHER), Porur, Chennai.

E-mail Id: devijeeva.2609@gmail.com

Abstract

Introduction: Menopausal symptoms are associated with deterioration in physical, mental, and sexual health, lowering women's quality of life. this review focus on effects of various tele-rehabilitation exercise program conducted among postmenopausal women.

Methods: Systematic reviews and randomized control trial studies, published in english were searched and analyzed with last 10 years articles in electronic databases like pubmed, google scholar, and cochrane.mesh words used were exercise training, home-based program, postmenopausal women, post-menopausal symptoms, telerehabilitation. three independent reviewers selected the retrieved reference and extracted relevant data from studies that included the home-based exercise programme on postmenopausal women , finally 8 articles were included for review.

Results: Out of 8 articles , 7 were rct & 1 systematic reviews. various focused on aerobics, pilates, yoga, mindfulness, flexibility training, and resistance training on postmenopausal symptoms from the period of 2014 till date were analysed. most of the trials followed 8-12 weeks exercise regimens.menopausal symptoms and quality of life were assessed using menqol,mrs scale and qol questionnaires . exercise training had improved metabolic balance, insulin resistance and prevention of cardiac diseases in perimenopausal health.

Conclusion: Home-based telerehabilitation has a positive impact on exercise adherence, better follow up , and time management in postmenopausal women. yet more exploration on home based versus supervised session suggested.