

Effect of Balance Training in Elderly for the Prevention of Fall Risk: Descriptive Review

Sowmya R¹, Antony Leo Aseer P², Soundararajan K³

¹Undergraduate student, ²Principal and Professor, ³Assistant professor, Sri Ramachandra Faculty of Physiotherapy, Sri Ramachandra Institute of Higher Education and Research (Deemed to be University), Porur, Chennai, India.

Email Id: soundararajan.k@sriramachandra.edu.in

Abstract

Introduction: Falls are a leading cause of injury and decreased quality of life among the elderly. As the ageing process affects muscle strength, coordination, and balance, older adults become increasingly susceptible to falls, which can lead to significant physical and psychological consequences. Falls in the elderly often result in fractures. Some of the common fractures are hip fractures, wrist fractures, pelvic fractures, and arm and shoulder fractures. Balance training has emerged as a crucial intervention in mitigating this risk. By improving stability and coordination, balance exercises can enhance overall mobility and confidence in daily activities, thus reducing the incidence of falls. This review explores the critical role of balance training in senior care, emphasising its impact on preventing falls and promoting a safer, more active lifestyle for the elderly population.

Methods: Literature Search: We systematically searched electronic databases (PubMed, EMBASE, Scopus, and the Cochrane Library) from inception to April 2024.

Eligibility Criteria: Studies that prescribe balance training as a treatment for the elderly will be included, and other studies will be excluded.

Findings of the review: Effectiveness of Balance Training: Multiple systematic reviews and meta-analyses have demonstrated that balance training significantly reduces the risk of falls in older adults. Exercise programs that include balance training, alongside strength and functional exercises, are particularly effective in lowering fall rates and improving balance and functional mobility.

Conclusion: Balance training is essential for fall prevention in the elderly, significantly enhancing older adults' safety and quality of life. Integrating balance exercises into broader exercise regimens is highly recommended to achieve the best results.