



THE IMPACT OF FIGURE OF EIGHT TESTING AS AN INTERVENTION ON BALANCE AMONG ELDERLY PEOPLE – SWAHINI PRIYA.A, MPT Sports 1st year, S2421015

Aim of the study: The purpose of the study is to find out the impact of figure of eight testing as an intervention on balance among elderly people.

Objective: Balance Impairment is one of the major problem for elderly population due to poor co-ordination, muscular weakness, Poor Cognitive and proprioceptive function. The prevalence of balance impairment is approximately one in five elderly persons experiences annual problem with balance . The moto of the study was only to evaluate the effectiveness of figure of eight testing on balance among elderly people.

Study design: Pilot study

Methodology: 30 subjects above the age of 60yrs both male and female were included under selection criteria.

Out come measure: Fullerton Advanced balance scale .

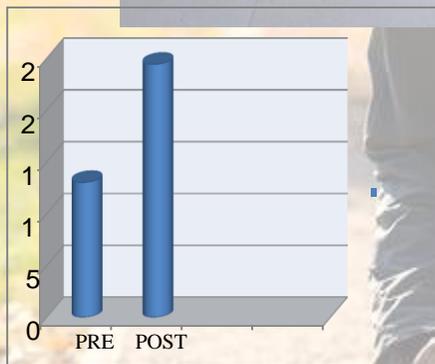
Purpose of study: This study was selected for the purpose of finding the effectiveness of figure of eight testing on balance among elderly people. After statistically analyzed the findings of this study showed significant improvement in balance

Figure of 8 - procedure : Make all subjects refrained from vigorous to avoid eating a heavy meal before training.

Wear comfortable non-restrictive clothing.

Place 2 chairs 9-12 feet apart and about 6 feet diameter. This should be in south-north direction and ask the subjects to walk in between the chairs.

Walk for maximum 15mins to 30mins in both clockwise and anticlockwise direction.



- If they want they can take break in between the walk.
- Swing your hands while walking.
- Walk on an empty stomach.
- Don't walk too fast, just a normal walk is enough.
- Walk on a barefoot for best results.
- Avoid drinking water after immediate training.
- Subjects were trained over three sessions per week in alternative days over two months.

DISCUSSION: Daily life of elderly. Figure of eight training induced changes of neuromuscular measures and postural control with different displacement. The use of figure of eight gives you tremendous health benefits. Large amount of oxygen will be inhaled during this walk. phelgm in the lungs will come out slowly. Body gets energized due to huge quantity of oxygen consumption. Agreement with previous studies (chandler et al, 2017; Lawrence et al, 2008; Myers et al, 2016; Tinetti et al , 2018), the fear of falling was the common response of elderly at the pre-training stage. The present study suggested that after 6-weeks of figure of eight training ,participants indicated they were less afraid of falling .

CONCLUSION:

The study concluded that the figure of eight training shows more significant on balance and prevent the risk of fall and re-occurrence of injury in elderly people.

REFERENCE : 1.WHO global report on falls prevention in older age –WHO/OMS :Extranetsystems.2008. .2. S T Wong et al. disabilrehabil. 2013. The figure of eight walk test : reliability and associated with stroke – specific impairments. 3.Xiao Jing Yang, Shyamali C. Dharmage : balance concerns in the elderly : Real or imaginary ? : cross- sectional study. December 2011, 109-115

VARIABLE	PRE-TEST	POST-TEST
FAB	13	24.4