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Influence of upper limb and lower limb exercise in reviving blood pressure in hypertensive patients

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Background: Hypertension is the leading cardio vascular problem worldwide. Hypertension persist in the patient for a long time without any symptom which results in weakening of coronary vessels. Hypertension is a major risk factor for stroke, neuropathy and coronary artery disease. Increased blood pressure and lack of exercise are strongly associated with each other.

Aim & Objective: The purpose of this study was to explore the effectiveness of lower limb (cycling) and upper limb exercises (arm stretch trainer) in reducing blood pressure in hypertensive patients.

Method: Case control study was performed on 80 participants with the age between 40-60 years. Participants taken for the study were divided into two groups. Group A with 40 participants were receiving upper limb exercises and the Group B with 40 participants were receiving lower limb exercises. Total 10 sessions of both type of exercises were administered.

Result: A statistically significant difference was found in systolic and diastolic pressure before and after the exercises. Systolic blood pressure was reduced to 133.95±4.187 after lower limb exercise and 171.800±5.616 after upper limb exercise. Whereas, diastolic blood pressure was reduced to 84.500±2.83 by using lower limb cycling exercise and 92.27±3.40 by using upper limb exercise. T test result shows p value less than 0.005 of both systolic and diastolic blood pressure.

Conclusion: Both the exercises have impact in reducing blood pressure but patients who want quick recovery should go for lower limb exercises.

Biography

Anum Haider Ladak has completed her MSc from Liaquat National Hospital in Neuro Musculoskeletal Rehabilitation. She is working as a Physiotherapist in Aga Khan Hospital, Pakistan.

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