

International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA

Effectiveness of an eight-week low impact aerobic dance programme on the management of osteoarthritis

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Pain and major physical disabilities are major symptoms of osteoarthritis. How patients cope with a chronic disorder greatly affects their quality of life. Randomised controlled trials clearly shows that regular moderate-level exercise does not exacerbate osteoarthritis pain or accelerate the pathological process of osteoarthritis. The study therefore examined the effectiveness of eight week low impact aerobic dance in the management of osteoarthritis. Thirty (30) osteoarthritis patients from the Physiotherapy Clinic participated in the study. Joint flexibility of the participants improved as well as cardiovascular fitness. BMI of patients did not improve like other variables and this might be attributed to the short duration of the study. The study concludes that low impact exercises especially the ones involving dance can be an adjunct in the management of patient with osteoarthritis. For those who enjoy being with others, exercise dance classes for people with osteoarthritis are a safe and effective way to learn and enjoy exercise. Keywords: osteoarthritis, physical activity, low impact aerobics.

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