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Impact of chosen physical activities on functional condition and balance in people with Alzheimer's disease

Agnieszka Krawczyk-Wasielewska, Monika Bąk, Roksana Malak, Przemysław Keczer, Ewa Mojs and Włodzimierz Samborski
Poznan University of Medical Sciences, Poland

Statement of the Problem: Alzheimer's disease (AD) affects the physical condition of the patients. Functional impairments observed in this group of patients include: musculoskeletal dysfunctions, gait difficulties and pain. Also, degenerative arthritis and muscle power decline can be observed in AD patients. Physical activity enhances life quality by improving demented patients' physical health. Regular exercise is beneficial because it enhances well-being, reduces the risk of developing certain diseases, prevents balance impairment, and decreases the risk of falls. The aim of this study was to evaluate the impact of physiotherapy on fitness improvement and balance in AD patients.

Methodology & Theoretical Orientation: Twenty individuals (19 female and 1 male) aged 65-96, mean age 79±8.49 years, with diagnosed Alzheimer's disease. In the study group was made evaluation of physical fitness by Senior Fitness test (SFT). Static balance evaluation was conducted based on the purpose-built part of the Short Physical Performance Battery (SPPB) test.

Findings: There was a difference between study I and II in average results obtained in the Senior Fitness test. Between the results of SPPB obtained from I and II studies, there were no statistically significant differences. Strong positive correlation ($r=0.69$; $p = 0.00$) was found between the sum of the results obtained in the SFT and the sum of points from SPPB.

Conclusion & Significance: There were very strong correlations between the effects of applied treatments, reviewed the SFT and SPPB tests. The level of overall efficiency affects the balance level in the study group. There was some effect of physiotherapy on the level of balance and efficiency of patients with Alzheimer's disease but they were no statistically significant.

Biography

Agnieszka Krawczyk-Wasielewska is an Assistant professor currently works with a position of Head of Teaching physiotherapy at department of Rheumatology and Rehabilitation at Poznan University of Medical Science.

krawczyk.agnieszka@wp.pl

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