

Dual task performance and executive function in physically under active and physically active elderly: A comparison

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Abstract

Many activities of daily life involve simultaneous performance of multiple tasks which concurrently challenge motor and cognitive function. Aging leads to abnormal alterations that compromise the performance of motor skills, including impaired postural control, abnormal posture/ gait/ balance. This leads to a reduction in functional capacity thus causing difficulties in adapting to the environment, all of which can lead to a greater risk of falls. We hypothesized that, those who exercise regularly or have an active physical lifestyle will have good physical fitness and cognitive abilities which will help them to have good dual task abilities. This was a cross-sectional study with underlying idea to assess and compare functional balance- dual task performance and executive function in physically under active and physically active elderly. Results demonstrated that there is significant difference in the mean of TUG, TUG- COG and TUG- MAN and also TMT -A and TMT-B in physically under active and physically active elderly. The mean score of TUG-COG, TUG- MAN, TMTA, TMT-B was much more in under active elderly. This must have led to enhanced Dual task performance i.e TUG-COG and TUG- manual scores. Findings of this study can be used to endorse positive effects of exercises and active lifestyle in elderly. We suggest a physically active lifestyle from the age of 30-35 years (the duration from when decline in physical and cognitive function starts) in order to have a good dual task ability which will help to reduce falls and enhance Quality of life in elderly.

Biography: Priyanka Parate has her expertise in Neurological- Adults and Paediatrics conditions and is very passionate to treat such conditions. She developed special interest in Elderly, frequency of falls, its causes and their quality of life and so started with the research. She is also Certified Mulligan Practitioner. Presently working as Senior Neuro Physiotherapist At Revive Health Physio And Ergonomics Clinic.

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