



The Effect of Vestibular Exercises on Motor Function and Life Quality of Elderly Women in Qom City

Poster Presentation

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Abstract

Introduction: The increasing trend of population aging is a growing global challenge for human society. The aging process is associated with gradual physiological changes in body systems such as decreased muscle strength, range of motion, increased reaction time, and changes in balance and sensory systems. Therefore, the identification of problems and issues of the elderly with the aim of improving their level of health is essential. The research goal was the investigation of the effect of vestibular exercises on motor function and life quality of elderly women in Qom city.

Methods: The research method was semi-experimental with pre-test, post-test, and control group design. After advertising in the retirement association of government offices, parks, and public spaces, 30 persons of inactive elders (older than 60) voluntarily participated in the research, and they randomly got into experimental and control groups. After obtaining consent, participants were asked to complete a questionnaire about life quality and perform motor function tests. The experimental group took the vestibular exercises according to the determined protocol during twelve sessions (three sessions per week, 45 minutes each session), and the control group did the daily activities during the study. The post-test was performed in a similar condition to the test given after the exercising sessions (twelve sessions). For analyzing data, analysis of covariance was used.

Results: The findings showed vestibular stimulation exercises have a meaningful effect on the life quality of elderly women. Moreover, atrial stimulation exercises have a meaningful effect on strength, flexibility, static balance, and dynamic balance.

Conclusion: In general, vestibular exercises for twelve session increases motor function and life quality of elderly women.

Keywords

Vestibular exercises; motor function; life quality; elderly women

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