



Sport or Exergame Training? Which One Is Better to Improve Motor Performance in Army Staff with Post Traumatic Stress Disorder (PTSD)

Poster Presentation

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Abstract

Introduction: Military personnel has a high-risk and stressful job. PTSD is very common in these people, and it is necessary to provide solutions to treat it. The aim of this study was to determine the effectiveness of Pilates and Exergaming training on balance and motor coordination in Army Staffs with Post Traumatic Stress Disorder (PTSD).

Methods: Sixty military men 30 to 55 years old, based on inclusion criteria, were selected from medical centers in Yazd and randomly divided into three groups. The Pilates and Exergaming experimental groups received the exercises chosen for eight weeks and three one-hour sessions per week, while the control group engaged in their routines and usual treatment. Berg balance test and tandem gate motor coordination test were used in two rounds of pre-test and post-test. Analysis of covariance was used for statistical analysis at a significance level of 0.05.

Results: The results showed that sport and Exergame training had a significant effect on the motor performance of army staff with PTSD. A closer look showed that there was no significant difference between the effectiveness of Pilates and Exergame training on functional balance, but there was a significant difference between these two types of training on motor coordination.

Conclusion: Physical activity and exercise is effective and complementary method in improving the functional level of PTSD patients. Pilate's training is more effective due to its interactivity and rhythmic nature, which is recommended to caregivers and therapists to pay more attention to this type of exercise.

Keywords

Army staff; Exergame; Balance; coordination; Pilates; PTSD

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