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Static and dynamic balance of the healthy elderly men at different times of the day

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Statement of the Problem: Aging is a phenomenon that can be assumed of the natural course of human life. During aging, some changes in all organs that led to increase impairment in balance meanwhile the circadian cycle also isn't ineffective. Balance ability among the elderly is a key component in the activities of daily living and is divided into two types: static and dynamic. Objectives: The purpose of this study was to investigate static and dynamic balance of healthy elderly men during different hours of the day. Methods & Materials: For this purpose, 10 old men with the mean (SD) age of 69.45 (3.23) years participated voluntarily in this study. Static and dynamic balance functions of the subjects were evaluated with the stork stand and star excursion balance test at the day hours of 8, 12, 16, and 20.

Results: Analysis variance indicated no significant effects of hour's day on closed eye static balance and dynamic balance of the elderly. But, the open eye static balance test results at 16 hour (8.37 s) was significantly ($P=0.018$) higher than 8 hour (6.25 s).

Conclusion: According to the results of this research, there is no recommendation on optimum time for doing balance training but it is better for the elderly that pay attention more to extrinsic falling factor such as surface of walking track at about 8^oclock.

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