

4th International conference on WOMEN ONCOLOGY AND WOMEN'S HEALTH

August 25th, 2022 | Webinar

Effect of High Intensity Interval Training on quality of life in patients with PCOS- A Narrative review

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Abstract

Statement of the Problem: Polycystic Ovary Syndrome (PCOS) is accounted as most common endocrine disorder amongst women of productive age and the estimation of 5% to 15% prevalence is observed. PCOS occurs irrespective of race and ethnicity. A female with PCOS has increased risk of getting type 2 diabetes mellitus due to insulin resistance and infertility. High Intensity Interval Training (HIIT) is a well-known approach of physical exercise which is characterised by repeated high-intensity bouts which are performed above 85% of HR max.

Purpose of the study: This study aimed to review the effects of HIIT program on quality of life which gets affected due to PCOS. **Methodology:** In this narrative review, the published articles on High Intensity Interval Training in subjects with PCOS were examined in PubMed, Scopus and Google Scholar. Inclusion criteria of this research were experimental, observational and review studies. In this investigation, the studies have shown HIIT when included in training programs for women with PCOS proven to be health-enhancing. The training is proven to enhance insulin resistance, morphology of the body and reproductive hormonal profile. This exercise protocol has been considered as a popular fitness program which consists of short segments of high intensity exercises and is directly followed by active recovery phase. The studies which were reviewed followed workout session of approximately 45-50 minutes including warm up and cool down.

Findings: The studies have found HIIT to have significant effect on quality of life which was assessed using PCOS questionnaire, levels of testosterone and chances of pregnancy.

Conclusion: Designing a physiotherapy protocol of HIIT with established exercise prescription is helpful in the management of PCOS yet the literature for the same is scarce.

Biography

Simran Jot is keen to participate in conferences to enhance and share her knowledge. She is a post graduate student who welcomes all the opportunities to learn and apply her learning's in clinical practice. She has built this model to help her peers and clients suffering from PCOS. This model will create a new pathway to improve the literature related to the topic.

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