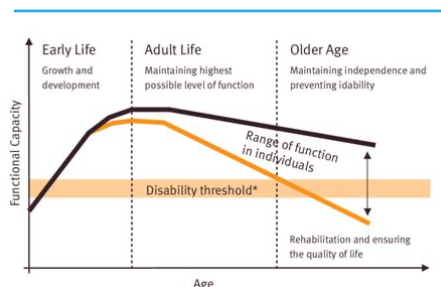


Important Facts and Research in under 60 seconds

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Functional Capacity and Levels of Physical Activity in Aging



A recent study aimed to understand the decline in physical function among older adults, focusing on various factors such as gender differences, body composition changes, functional fitness, comorbidities like type II diabetes, and the influence of physical activity. Over a 3-year period, they found that physical function declined with age, particularly in females, and identified associations between various functional variables. Specifically, they highlighted the importance of the 6-minute walk test (6MWT) as a predictor of other functional capacities and the impact of type II diabetes on 6MWT performance and age-related impairment.

They observed a sexual phenotype difference in body weight change, following the sarcopenic (age-related muscle loss) obesity paradigm, where males reduced body fat while females increased waist and hip circumference and decreased skeletal muscle mass. These changes, particularly increased abdominal obesity, were associated with an increased risk of falls and hip fractures due to impaired balance.

Physical activity was found to have a positive association with functional tests, indicating that even low levels of physical activity could benefit physical function. Balance was strongly linked to aerobic capacity and strength, with implications for intervention programs targeting older adults, including balance training, aerobic exercise, muscle strengthening, and flexibility exercises.

The study emphasized the importance of endurance and strength capacities, the influence of type II diabetes on physical function, and the need for interventions focusing on walking activities and hand-related exercises to improve functional physical condition in older adults.

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A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

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