



Efecto de un programa de reacondicionamiento físico sobre la movilidad y fuerza muscular en personas adultas mayores con enfermedad pulmonar crónica [

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text (article)

Analítica

Respiratory problems are one of the major causes of morbidity in older adults. Chronic lung diseases affect the ventilatory capacity, limiting patients' physical ability, which negatively affects their quality of life. Thus, pulmonary rehabilitation programs try to recondition patients' physical capacity; as a result, their well-being improves. This study was conducted to determine the effect of a physical reconditioning program in older people with chronic lung disease; for this, a retrospective analysis of the effect of a physical exercise plan was conducted. The variables included in the study were mobility and muscle strength. Data were collected in the National Hospital of Geriatrics and Gerontology from 53 participants who attended the program between January 2012 and December 2017. This program lasts 16 weeks and comprises assessments and specific work sessions on aerobic resistance, strength, functional exercise, and respiratory physiotherapy. Results from paired t-student tests showed that there was a statistically significant improvement in muscular strength ($p < 0.001$) and mobility ($p < 0.001$) of the subjects after participating in the physical reconditioning program. It is concluded that the effective prescription of exercise for the elderly with chronic lung disease should include work on aerobic resistance, strength, functional exercise, and respiratory physiotherapy, which would positively affect agility, balance, strength, and muscular endurance

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