Abstract

Background: Scientific evidence have been related negative functional autonomy to sedentary lifestyle in elderly women by other hand physical exercise is highly recommended to prevent deterioration of neuromuscular functions and proposed during the rehabilitation of physical disability and fall accidents. Aim: To determine the effect of periodized water exercise training on functional autonomy in elderly women.

Methods: Twenty-six subjects were randomly assigned in two, water exercise intervention group (n=16) and control group (n=10); The intervention group followed 12-week of periodized water exercise training program five times a week, 30 minutes of water exercise with work heart rate reserve of 40-50% (1-6th week) increasing the load to 50-60% (7-12th week); The protocol of the Group of Latin-American Development for Maturity (GDLAM) was used to evaluate functional autonomy; As statistical analyses mixed 2 x 2 ANOVA was used, also percentage changes (%) were calculated.

Results: The results showed significant improvement (p<0.05) comparing the interaction intergroup and the measurements in 10 meters walk test (10mw) (p=0.001) and general GDLAM index (GI) (p=0.012), percentage changes (%) showed positive improvements in the five components of (GDLAM) and (GI).

Conclusion: Periodized water exercise training program was able to enhance (10 mW) and (GI) however, will be appropriated in the future more studies to better clarify the possibilities of improvements between water exercise and functional autonomy.

Keywords

Elderly, Physical Exercise, Functional Autonomy.