

**COMPARATIVE STUDY ON THE EFFICACY OF FUNCTIONAL TASK
EXERCISES AND RESISTANCE EXERCISE TO IMPROVE
DAILY FUNCTIONS IN GERIATRIC POPULATIONS**

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ABSTRACT

To evaluate the efficacy of functional tasks exercise program to improve functional performance of geriatric population by comparing it with a resistance exercise program. Thirty percent of all geriatric population over age 65 years fall at least once each year.⁹ This percentage is even higher for women and older adults with neurologic or musculoskeletal disorders. Among older adults, the consequences of falling include 31% to 48% having a fear of falling, 19% to 26% reducing activity levels and fall injuries occurring in 46% to 60% of all falls. Serious injuries have been found to occur in 6% to 14% of all. Deaths from falls also occur for people over the age of 65 years, with 1 study finding 2.2 deaths occurring for every 100 fall-injury events admitted to acute medical facilities. Hence the need of this study is to find the efficacy of functional task exercise programme improving balance and mobility in geriatric population. Out of 119 of old men and women of age between 65 and 85 were selected from Valli Old Age Home, Kundrathur.

KEYWORDS: *Modified 20 Point Barthel Index, TUG Test, Resisted Exercises, Functional Task Exercises, Geriatric Populations*

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