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investigate the effect of yoga and Pilates exercises on the balance of the elderly in the Covid-19 pandemic situation

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Introduction:

The main purpose of this study was to investigate the effect of yoga and Pilates exercises on the core stability of the elderly in the Covid-19 pandemic situation.

Methods:

The present study was a quasi-experimental study with a pretest-posttest design with a control group and In terms of purpose, it was practical. The statistical population was all elderly women in Yazd. A statistical sample was prepared by referring to the nursing and welfare centers and a list of the elderly (over 60 years old) in Yazd city, and those who wished to participate in the research in a targeted and accessible way, based on G-Power software in 3 groups of 12 people training group of yoga, Pilates and the control group were included. The independent variable of yoga and Pilates exercises was the dependent variable of core stability. Measurement tools included a consent form, Beiring Sorensen Test(1). After obtaining the code of ethics with the ID (IR.UT.SPORT.REC.1400.044), both experimental groups performed their exercises to conduct research. Used from Shapirovilk test for the evaluation of the normality of data; and used from Levin test for the evaluation of homogeneity of variances of; Combined analysis of variance and Bonferroni follow-up test was used to analyze the data ($P < 0.05$).

Result:

The results of the combined analysis of variance test showed that there is a significant interaction between the group and the research stages in the core stability variable. The results of the Bonferroni test showed that in the core stability test variable, the Pilates group performed better than the other two groups. The results showed that both groups of Pilates and yoga exercises in the post-test showed better performance than the pre-test. But in the control group, no significant change was seen from pre-test to post-test.

Discussion & Conclusion:

In a general conclusion based on the results of our research, it can be said that Platts exercises in coronary conditions can be more useful in improving core stability.

References:1-Mcgill S M, Childs A, Lieberman C. Endurance times for low back stabilization exercises: Clinical targets for testing and training from a normal database. Arch Phys Med Rehabil. 1999; 80: 941-4.