ABSTRACT

TITLE:	Balance Exercises in the Elderly and the Affect on Balance Test Scores
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ABSTRACT: There are increasing numbers of falls and injuries in the elderly population; one idea on how to reduce these rising numbers is to improve balance. Discovering which aspects are involved in improving balance in the elderly population is key to this. In some studies there are expensive large apparatuses involved in the exercise programs that seek to improve balance, but the goal of this study is to see if it is possible to improve balance test scores without the use of these large apparatuses. The idea is to research the elements of balance and incorporate them into an exercise program in hopes to increase balance test scores in an elderly population compared to a control group.