

Original Paper

## Effect of Pilates training on functional balance of elderly men

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### Abstract

**Background and Objective:** The phenomenon of aging is one of the evolutionary stages of life and it is an inevitable part of human society that can lead to poor balance and consequent harm, loss of independence and early death. This study was done to determine the effect of Pilates exercise on functional balance of elderly men.

**Methods:** This quasi-experimental study was done on 28 elderly men with an average age of above 60 years. Subjects were non-randomly divided into intervention and control groups. Elderly men in intervention group were received Pilates training for 6 weeks, 3 sessions per week. To measure the functional balance was used of the timed up and go test. Pre-test and post-test of was done for functional balance in intervention and control groups.

**Results:** The functional balance significantly reduced in intervention group ( $10.11 \pm 0.53$  sec) in compared to controls ( $12.61 \pm 1.14$  sec) ( $p < 0.05$ ).

**Conclusion:** Pilates training have an important role in improving the performance balance of elderly men.

**Keywords:** Pilates training, Functional balance, Elderly men

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