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| **What is the optimal number of exercises for an older adult to perform at home?** | | | | | | **Searches: Cochrane, Pedro, PubMed, CINAHL** |
| **Author/Year** | **Purpose** | **Design** | **Subjects** | **Intervention** | **Outcomes** | **Results** | |
| Henry et al. 1999 | To determine whether older adults comply and exhibit better movement mechanics they are asked to do 2, 5, or 8 exercises. | RCT. Subjects randomly prescribed 2, 5, or 8 strengthening exercises to perform at home. | N=15, 11 women and 4 men.  67 to 82 years old.  Living independently in the community. | Subjects received exercise instruction at the initial session and asked to record the number of repetitions performed each day in an exercise log. Exercise packets were prepared for each subject to use as reference.  . | A performance tool for each exercise, based on cuing, alignment and quality of movement was used 7-10 days after the initial assessment to score performance.  There was also a self-report measure for compliance. | The group that was prescribed 2 exercises scored higher according to the performance tool, than the group that was prescribed 8 exercises. The group that was prescribed 5 exercises was not statistically different from the groups that performed 2 or 8 exercises. There were no differences between the groups in self-reports of compliance. | |
| Rastall et al. 1999 | To explore whether young and older adults differ in  their ability for remembering and performing exercises correctly. | A 2x2 between subjects design. Subjects from each group (younger and older) randomly assigned to perform and remember either a short list of 5 exercises or a long list of 10 exercises. | N=60. 30 young (average age 23.7 years) and 30 older adults (average age 68.3 years)  All able-bodied  adults, capable of performing exercise. | Each participant was taught and tested on the performance of their prescribed exercises individually. Exercises were taught in a random order via demonstration, verbal instruction and self-performance, with verbal cues. | After a 30-minute interval, participants were asked to perform exercises from memory. Assessment was based on the number of exercises remembered and performed correctly according to a criterion that included: starting position, plane of movement, range and compensations. | Younger participants correctly remembered more exercises than older participants. Exercises from the short list (5) were remembered better than exercises from the long list (10). The older group showed a significant difference between exercises correctly remembered from the short (89%) and long (63%) lists while younger group did not. There was no significant difference between groups for memory of exercises from the short list, but there was a difference between groups for exercises from the long list.  Exercise quantity should be minimized when teaching older adults exercises to perform at home. | |

**References**

Henry, K. D., Rosemond, C., & Eckert, L. B. (1999). Effect of number of home exercises on compliance and performance in adults over 65 years of age.*Physical Therapy, 79*(3), 270-277.

Rastall, M., Brooks, B., Klarneta, M., Moylan, N., McCloud, W., & Tracey, S. (1999). An investigation into younger and older adults' memory for physiotherapy exercises.*Physiotherapy, 85*(3), 122-128.