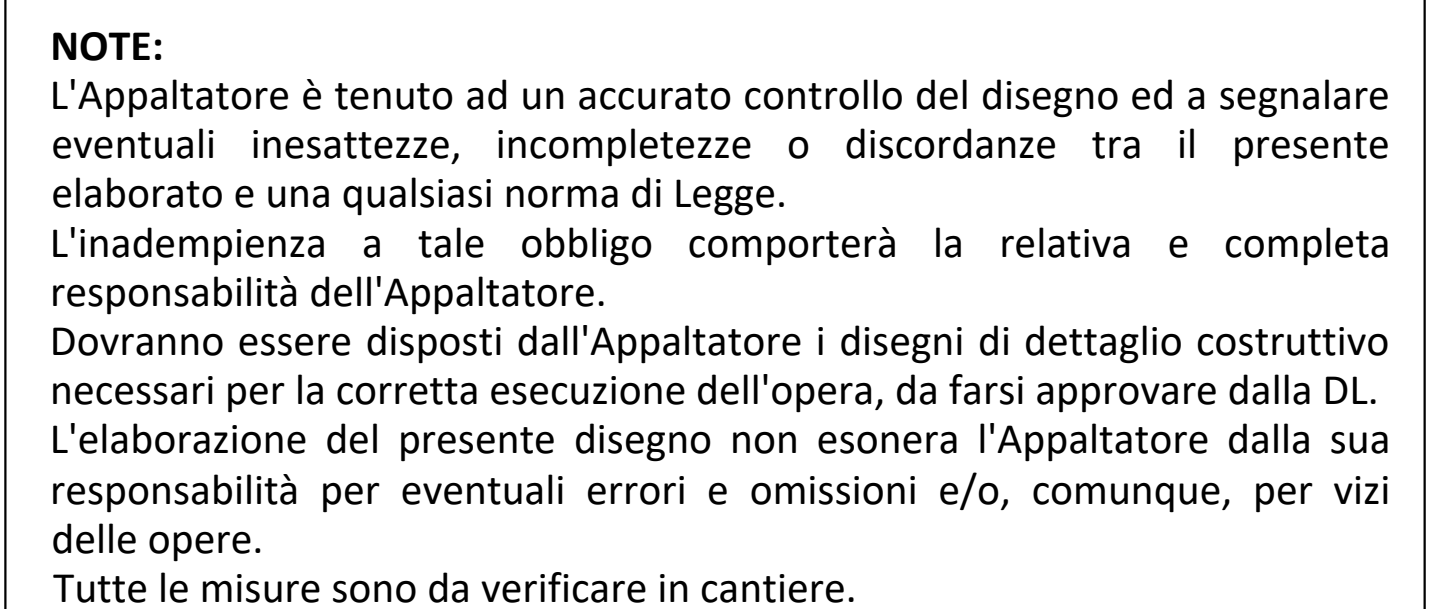



2 TA3 - PROSPETTO
1 : 12.5

Provincia di Brescia

AREA
TECNICA



PROVINCIA
DI BRESCIA

PROGETTO DEFINITIVO/ESECUTIVO

Intervento:
REALIZZAZIONE NUOVA PALESTRA

Abstract The purpose of this study was to examine the effects of a 12-week, low-intensity, supervised, aquatic exercise program on the physical and psychological health of older adults with chronic low back pain. The study was a randomized, controlled trial. The study population consisted of 40 older adults (mean age = 68.5 years) with chronic low back pain. The participants were randomly assigned to either an aquatic exercise group or a control group. The aquatic exercise group performed a 12-week, low-intensity, supervised, aquatic exercise program. The control group performed a 12-week, low-intensity, supervised, aquatic exercise program. The study was conducted in a community-based setting. The primary outcome was the change in the Oswestry Disability Index (ODI) score. The secondary outcomes were the change in the Visual Analog Scale (VAS) score, the change in the Short-Form 36 (SF-36) score, and the change in the Beck Depression Inventory (BDI) score. The results showed that the aquatic exercise group had a significantly greater reduction in the ODI score, a significantly greater improvement in the VAS score, a significantly greater improvement in the SF-36 score, and a significantly greater improvement in the BDI score compared to the control group. The results suggest that a 12-week, low-intensity, supervised, aquatic exercise program can improve the physical and psychological health of older adults with chronic low back pain.



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Oggetto:
Seconda copertura - Trave TA3

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