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ABSTRACT 186

FUNCTIONAL CAPACITY OF MIDDLE AGE AND ELDERLY WITH TYPE 2 DIABETES MELLITUS FOLLOWING 16-WEEKS HOME BASE PROGRESSIVE RESISTANCE TRAINING

Authors: Mr Arimi Fitri Mat Ludin (Malaysia)

1School of Diagnostic and Applied Science, Faculty of Health Sciences, Universiti Kebangsaan Malaysia,

2Institute of Gerontology, Universiti Putra Malaysia,

3School of Exercise and Sport Science, University of Sydney,

4Hebrew Senior Life and Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston,

5Medical Department, Serdang Hospital,

6IHEAL Medical Center, Mid Valley City, Kuala Lumpur, Malaysia.

7Department of Medicine, Faculty of Medicine and Health Sciences, UPM

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The aim of this study was to measure the effect of 16 weeks home base progressive resistance training using resistance tube on functional capacity among 50 years old and above patients with type two diabetes mellitus. Fifty nine subjects attending Medical Clinic, Serdang Hospital were participated in quasi experimental trial. The exercise was started with one-to-one training session for the first two weeks for the familiarization. Subjects continued exercising at home for the rest of study period with a monthly basis follow up. Functional capacity was measured by sit-to-stand, stair climb, six-minute walking tests, static balance and muscle strength. There were no significant different in all variables observed at the baseline measurements. The post intervention measurements showed a significant improvement in sit to stand, stair climb, six minutes walking test and muscle strength. No significant improvement in static balance was observed. This study suggests the exercise protocol implemented was effective in improving the functional capacity of the subjects.