

Bones for Life®: An Alternative Exercise Program for Improving Function, Balance, and Quality-of-Life Measures in Community-Dwelling Seniors: A Pilot Study

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Abstract

This pilot study tests the efficacy of an alternative exercise program designed for seniors who are living independently. Twenty-five participants, with a mean age of 73, were invited to attend a 90-minute Bones for Life® class, once a week for six weeks. Participants then completed post-intervention videotaped interviews, and answered specific questions about balance, benefits, and the uniqueness of the Bones for Life® program. Two movement tasks used to assess dynamic balance, the 360° Turn Test and the 20-Second Step Test, demonstrated the most sensitivity to change. Quality-of-life measures found to be statistically significant in the SF-36v2® Health Survey were in the domains of Vitality, General Health, and Mental Health. Post-intervention interview questions regarding class experiences reveal high positive responses, with improved function, posture, and balance as the most frequently-perceived benefits. Initial findings of this pilot study suggest that the Bones for Life® program is a safe, feasible, and effective way for seniors to improve both their physical and psychological functionality.

Note: We are in the stages of submitting the complete paper for publication by a respected journal. Journals restrict where the information can be published prior to the acceptance and full publication of any research. We will make the full article available once we have permission from the accepting research journal. In the meantime, we hope the above will feed the community spirit.