

Effect of Activity Log on Functional Outcomes in Elderly Physical Therapy Patients

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ABSTRACT

It is common knowledge that exercise can help improve and/or prevent loss of function in the elderly population. However, getting people to adhere to an exercise plan is a problem. Studies have shown that adherence to exercise programs have demonstrated declining levels. **PURPOSE:** To see the effect of an activity log sheet on exercise adherence in elderly physical therapy (PT) patients. **METHODS:** Twenty-two subjects (age=77.1±10.3 yrs, ht=164.3±10.7 cm, wt=81.0±22.2 kg, BMI=30.2±8.8) that were participating in PT for four weeks were randomly assigned to receive a personal daily home activity log or not receive one. Subjects were instructed to log any days they did their prescribed exercises. Both groups were measured on level of function before and after 4 wks using the timed up-and-go test (TUG) (Shumway, Brauer, Woolacoot, 2000). A 2 (group) X 2 (time) factorial ANOVA with repeated measures on the 2nd factor was used to establish differences with alpha level set at .05. **RESULTS:** There was no significant interaction among group and time, $F_{(1, 20)}=1.78, p=.196$, nor a significant main effect of group ($F_{(1, 20)}=.144, p=.709$). There was a significant main effect of time, $F_{(1, 20)}=29.6, p=.001$. **CONCLUSION:** This study suggests that there is no significant difference in functional outcomes in an elderly population when using a personal daily activity log or not using one over time. However, there was a significant difference in TUG scores when groups were combined, demonstrating improved function when prescribed one-on-one physical therapy over four weeks.