研究業績　英文表記

和文	
表題	要介護高齢者を対象とした足指圧迫力増強を目的とした介入が身体機能に及ぼす影響:二重盲検ランダム化比較試験
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英文	
Title	Effects of an Intervention for Improving Toe Pressure Strength on the Physical Function of Older Adults Requiring Long-Term Care: A Double-Blind Randomized Controlled Trial
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Abstract	This study aimed to examine the effects of interventions on toe pressure strength in the standing position among community-dwelling older adults participating in a day program. A significant interaction was observed between toe pressure strength in the standing position and maximum walking speed. The post hoc tests showed no significant differences in any of the variables at baseline between the groups. Conversely, significant differences only in toe pressure strength in the standing position and maximum walking speed was observed between the groups after 12 weeks. Toe pressure strength training improved toe pressure strength in the standing position and maximum walking speed. This has been the first study to clarify the effects of toe pressure strength training, with our results highlighting its importance in the community-dwelling older adults.
keyword	maximum walking speed, randomized controlled trial, older adults, toe pressure strength in the standing position, toe pressure strength training

※本データの英文表記は実際の論文上の表記とは異なります。