

研究業績 英文表記

和文	
表題	通所リハビリテーションを利用している高齢者の足指圧迫力トレーニング中およびトレーニング後の足指圧迫力の変化の経時的推移と持続性
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英文	
Title	Time course and persistence of changes in toe pressure strength during and after toe pressure strength training in older adults receiving day care rehabilitation
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Abstract	How does toe pressure strength change during and after toe pressure strength training, and for how long do these changes persist after training cessation? A total of 27 participants (mean age, 85 years; 81% female) were included in this study. The pressure strength in the standing position showed a significant positive slope during the intervention period ($p < .001$), whereas a negative slope was observed during the follow-up period ($p < .001$); however, values remained significantly above baseline through week 12 and were no longer significantly different from baseline at week 14. Toe pressure strength in the standing position was significantly higher than baseline from week 1 ($p < .001$), and improvements in Timed Up and Go (TUG) and maximum gait speed were also observed during the intervention period. Toe pressure strength increased during the training period, accompanied by improvements in TUG performance and maximum gait speed, but these changes diminished after training cessation.
keyword	Toe pressure strength in the standing position; Toe pressure strength training; Persistence; Functional mobility; Maximum gait speed; Older adults

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