

研究業績 英文表記

和文	
表題	ロコモ25におけるロコモティブシンドローム調査と身体的特徴について—65歳未満の女性を対象として—
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英文	
Title	A survey regarding locomotive syndrome in “Locomo 25” and physical characteristics -Females aged
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Abstract	<p>Abstract: The purpose of this study was to clarify the physical characteristics of females with locomotive syndrome (Locomo 25) aged <65 years and living in the region. The subjects were 31 females, aged 20 to 64 years, living in the region. Using “Locomo 25” as a test, we evaluated 5 items for physical function assessment and body composition (trunk muscle volume/upper limb muscle volume/lower limb muscle volume/bone mineral density/skeletal muscle mass index (SMI)). The results were compared between loco (n=12) and non-loco (n=19) groups, to which the subjects were assigned based on “Locomo 25”. In the former, the height was significantly lower, and the SMI, as well as the upper/lower limb and trunk muscle volumes, which were evaluated as parameters of the body composition, were significantly lower. On the other hand, there were no significant differences in the bone mineral density or any item for physical function assessment between the twogroups. These results showed that there was a reduction in the muscle volume in <65-year-old females regarded as having locomotive syndrome using “Locomo 25”, although there was no reduction in the physical function, suggesting the necessity of adequate exercise and lifestyle guidance in the early stage.</p>
keyword	rocomo 25, locomotive syndrome, muscle volume

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