

Editorial Note on Impact of Control in Aged and Older Adults on Balance and Fall Avoidance

Suresh Babu G*

Rvr & Jc College of Engineering, Department of Biotechnology, Guntur, Andhra Pradesh, India

EDITORIAL

In older people, falls are a common health concern. The modifiable risk factors for falls have been established as muscle fatigue, reduced physical function, and balance deficiency. The goal of this research is to examine existing knowledge of the effectiveness of strength training in enhancing physical activity, improving coordination, and avoiding falls in older adults. We also have guidelines for older adults on strength training protocols. This study shows that power training is successful in reducing several risk factors for falls. In order to provide evidence about how to integrate strength training into a fall prevention program, further interdisciplinary studies are needed.

A big health concern is falls. More than 646 000 people die from falling per year worldwide, with the largest number of fatal falls happening among adults older than 65 years. Per year, around \$50 billion is expended on treatment bills associated with fatal and non-fatal fall accidents. The key intrinsic causes for falls have been established as muscle fatigue, reduced physical function, and balance deficiency. As a result, support and balancing activities in older adults that are at high risk of dropping have been found to be successful in minimizing these inherent risk factors, the possible advantages of a mix of balance and strengthening exercises.

Several clinical trials have recently explored the efficacy of strength exercise, especially in terms of physical disabilities and lack of balance, in order to minimize the likelihood and occurrence of falls. For older people, strength exercise has been shown to cause hormonal improvements in muscle morphology and neuromuscular and neurosensory systems. Several clinical trials have recently explored the efficacy of strength exercise, especially in terms of physical disabilities and lack of balance, in order to minimize the likelihood and occurrence of falls. For older people, strength exercise

has been shown to cause hormonal improvements in muscle morphology and neuromuscular and neurosensory systems. Moreover, it reduces the number of working motor units. The ability of an older adult to produce greater muscle forces in velocity-sensitive ways is limited by these neuromuscular changes. This dysfunction of muscle strength can result in reduced physical activity and poor coordination. In addition, age-related changes in the afferent sensory system lead to coordination problems and chances of dropping, such as reduced vision, vestibular sensation, response time, and proprioception. Intensity conditioning (sometimes referred to as 'high-velocity strength training') helps to re-educate the remaining functional components and promote new modifications in the aged neuromuscular-sensory system in order to combat these changes. By fast motions with alternate concentric and eccentric contractions, strength exercise aims to do this, Power conditioning has therefore been used to optimize body function, muscle strength, and balancing capacity as a time-efficient and effective rehabilitation intervention.

While several power trainings studies have demonstrated a positive training impact using physical performance tests, only a few studies have investigated the precise effects of power training on the performance of dynamic balance. In addition, while there may be a correlation between muscle fatigue and falls, there is little evidence that the frequency of falls in older adults is reduced by strength exercise. Finally, because of the potential side effects involved with power training, there are also concerns regarding the efficacy and effectiveness of power training in older adults, Early onset of weakness and delayed onset of muscle soreness, for example. The goal of this narrative analysis is to examine recent research on the effectiveness of high-speed strength exercise in enhancing physical activity, improving balancing capacity, and reducing the occurrence of fall in older adults.

Correspondence to: Suresh Babu G, Rvr & Jc College of Engineering, Department of Biotechnology, Guntur, Andhra Pradesh, India, Tel: 08632288201; E-mail: gogineni1988@gmail.com

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