The normal physiological process of aging and physical inactivity may lead to pathologic changes throughout the various body systems. Physical activity may reduce or reverse this burden. There is evidence to support that dance therapy can improve various physical and mental health outcomes in the elderly population. Cardiovascular endurance and functional performance is most often measured by the 6 minute walk test (6MW), VO2 max, and walking speed in dance therapy studies. Dance walking speed has many connections to function and prognosis. Maximal inspiratory and expiratory pressures (MIP/MEP) testing is an accurate representation of diaphragm and other inspiratory muscle strength, while the MEP reflects the strength of the abdominal muscles and those that help force expiration. Interestingly, dance speed is measured by MIP/MEP and is predictively linked with altered mobility in the elderly population.

Purpose

The purpose of this literature search is to explore existing measurements for cardiopulmonary endurance and strength in community dwelling elderly individuals, and specifically those participating in group exercise class.

Background

Methods

1. Age and sex characteristics of participants.
2. Dance group (19 subjects): 73.5 years old ET.
3. Control group: 129, 60 years.
5. Control group mean 30 second arm curls, max, and walking speed in dance therapy programs for the elderly.
7. The psychological impact of dance therapy on the elderly.
8. Monitoring Cardiopulmonary Response to Dance Exercise Intervention in the Elderly

Figure 2. The Effectiveness of Dance Interventions to Improve Older Adults’ Health: A Systematic Literature Review.

Conclusions

References

9. The Effectiveness of Dance Interventions to Improve Older Adults’ Health: A Systematic Literature Review. 2015 Sep 15 pii:00003591-201509180-00001.