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Increased Load Computerised Dynamic Posturography in Prefrail and Nonfrail Community-Dwelling Older Adults

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ABSTRACT SUMMARY

This study examined how environmental and cognitive stressors affect postural control in community-dwelling older adults at different frailty levels using computerised dynamic posturography. Cognitive dual-tasks significantly impaired balance scores across both groups, highlighting the importance of multifactorial balance assessment and targeted exercise programs for fall risk reduction.

CLINICAL RELEVANCE – PHYSIOMED AUSTRALIA

This research supports the use of computerised balance assessment tools – such as the HUMAC Balance System supplied by Physiomed Australia – for identifying fall risk and guiding targeted rehabilitation in older adult populations.

FULL PAPER – PUBMED REFERENCE

<https://pubmed.ncbi.nlm.nih.gov/23416307/>

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