ABSTRACT

Objective: To analyse correlation between fear of falling with balance and strength of antigravity muscles in elderly women

Design: cross sectional study design

Setting: Rehabilitation outpatient clinic, Dr. Soetomo Hospital Surabaya.

Participants: A total of 41 women aged more than 60 years old who fulfilled the criteria.

Main Outcome Measures: Survey of Activities and Fear of Falling in the Elderly (SAFE), Manual Muscle Test (MMT) for antigravity muscle and Berg Balance Scale (BBS).

Results: No significant correlation between SAFE and BBS (p=0.067). No significant correlation between SAFE and MMT of hip extensors (p=0.711), knee extensors (p=0.988), and ankle dorsiflexors (p=0.887).

Conclusions: There is no correlation between fear of falling with balance and antigravity muscles strength.

Keywords: elderly, rehabilitation, fear of falling, balance, antigravity muscles.