

167 - COMPARATIVE STUDY ON THE FUNCTIONAL AUTONOMY OF AGED PRACTITIONERS OF FISIOMOTRICIDADE AND AGED PRACTITIONERS OF REGULAR PHYSICAL ACTIVITY¹KARLA VIRGINIA BEZERRA DE CASTRO SOARES²VIRGÍNIA LIMA ROSSATI DE QUEIROZ³JAQUELINE MARANÃO PINTO LIMA⁴MARIA ERIVANIA ALVES DE ARAUJO⁵VERNON FURTADO DA SILVA^{1,3,4}Centro Universitário do Maranhão, UNICEUMA, São Luis, MA, Brasil.^{1,5}Laboratório de Aprendizagem Neural e Performance Motora (LANPEM) - UCB- Rio de Janeiro, RJ, Brasil.²Aluna do Curso de Fisioterapia do Centro Universitário do Maranhão. UNICEUMA, São Luis, MA, Brasil .⁵Centro de Ciências Biológicas e da Saúde da Universidade Castelo Branco, Rio de Janeiro, RJ, Brasil.¹E-mail :karla1441@yahoo.com.br.²E-mail: vivirossati@gmail.com⁵E-mail:vernonfurtado2005@yahoo.com.br**1 INTRODUCTION**

The human aging is a gradual, gradual and changeable process, characterized enters as many factors for the loss of functional reserve and the morphologic, physiological alterations, psychological biochemists and of the individual (MESQUITA et al., 2009; CARVALHO; CARVALHO, 2008).

Classic literature points, enters the causes of the aging, those provoked by the normal process, that is, intrinsic factors and those decurrent ones of external influences, the extrinsic factors, and as effect of the aging, the biopsicossociais alterations in the life of the aged one where they can be cited the gradual consuming of agencies and the capacity, partner-emotional and psychic turbulences, and reduction of the functional autonomy and quality of life (PAPALIA; OLDS; FELDMAN, 2006). Soon, a narrow relation between the biopsicossociais alterations is perceived, and the functional autonomy of the aged one, where Duthie e Katz (2002) affirm that the limitations in the biopsicossociais functions can result in severe losses in the functional autonomy with repercussion on the quality of life of the aged one.

To Carvalho Filho e Papaléo Netto (2005), the bulge of science started to recognize that the true goal of the preventive medicine in the aged one must be the maintenance of its functional and cognitiva capacity, making it difficult in such a way the sprouting of illnesses, protecting against the dependence, what it means the concern with the functional autonomy.

The functional autonomy mentions an attribute to it of the citizen as person, closely related to the capacity to take decisions and to execute its proper designs (RAMOS, 2008). For aged, the functional autonomy it is more useful than independence (capacity to carry through something), therefore can be restored completely, exactly that the individual continues dependent (PAPALÉO NETTO, 2002).

Soon, the functional autonomy of the aged one possesss a direct bonding with its daily habits, being able to be influenced by the style of life (active or sedentary) adopted: the active life can concur for the functional autonomy, already the sedentarismo can compromise it (BELLONI et al., 2008).

Considering that the sedentarismo consists lacks or reduction to it of the physical activity, induced for decurrent habits of the comforts of the modern life, studies indicate innumerable deaths caused for the sedentarismo (infarto, osteoporose, encefálico vascular accident, Diabetes Mellitus, arterial hipertensão etc.) (THOMAZ; BORSOI; VIEBIG, 2008). In Brazil, the sedentarismo is characteristic in the style of life of the elderly, main cause of death in the adult age and factor of risk for the sprouting of illnesses, with bigger prevalence in aged women (ZAITUNE et al., 2007; GOYAZ, 2003).

The physical activity constitutes a corporal movement, through the directed physical exercises, that well-being promotes, auto-esteem and longevity (PASCOAL; SANTOS; BROEK, 2006). In aged, it is basic for the improvement of the disposal, the physical and psychic capacity, and the maintenance of the functional autonomy and the quality of life (TRIBESS; VIRTUOSO; JR., 2004; VECCHIA et al., 2005; VALE et al., 2006).

In the scope of the physical activity, a therapeutical protocol developed by Soares (2008), following the estimated ones of the teorização of Melzack, in 1968 e 1971, referring one to the pain suppression, and the viabilização of the neuromotora function adjusted to the movement. In the practical one, the Fisiomotricidade looks to a otimização of the relation between time and movement to articulate during the exercises, being allowed the completeness of this, taking care of the two item of benefits: a referring one to the participation maintenance, and another one to the load and attrition of the muscular contraction, on the bones and joints in movement.

The difference of this protocol for excessively is the emphasis given to the item, in the harmony of each part of the exercises that integrate the total protocol. It is carried through in group, obeying the structure of a protocol divided in levels of intensity and complexity, characterized for the low average e impact of the exercises, initiating softly and finishing with an ideal physical conditioning for the return to the conventional physical activities (SOARES; A. NETO; SILVA, 2009).

Research, as of Lin et al. (2001), Silva and Lage (2006), Caromano, Ide and Kerbauy (2006), Castro, Silva and Silva (2008) and Castro, Silva and Silva (2009) they stand out the importance to include in groups of physical activity, aged with proper complaints of the process senescente (functional pains and limitations), before considered factors of exclusion, disclosing resulted positive how much to the improvement of pain and the functional autonomy, through the Fisiomotricidade.

Thus, the objective of this research was to carry through a comparative study of the level of functional autonomy of aged women (before carrying of pain and functional limitation) practicing of Fisiomotricidade and aged women healthful practitioners of regular physical activity, customers of services doctor-assistenciais in São Luís, Maranhão (ME), in the year of 2009.

2 METHODOLOGY

This study it was developed respecting the norms established in resolução196-96 of the national advice of health of 10-10-1996 with regard to the accomplishment of research in human beings, with the number protocol 0075/2008 UCB/VREPGPE/COMEP/PROCIMH where the volunteers as well as the institution where if she carried through the research, of common agreement, had signed a term of free and clarified assent. One was about a transversal, comparative, descriptive study, in form of survey, and quantitative boarding. The research field was the Center Integrated of Medicina and Odontologia (CIMO) and the Center of Integral Attention to the Health of Idoso (CAISI), in São Luis – MA. The population was constituted by

senescentes women above of 60 years, practitioners of only one two categories of exercises, in the year of 2009, and, as the inclusion criterion, the amostral group was formed of two groups, in the etária band of 65 the 75 years, selected of random form, freqüentadoras of the study places. The exclusion criterion was woman is of the established etária band, practicing with lesser time that six months, to practise one another type of physical activity that was not of the study, cognitiva or physical incapacity for the accomplishment of the tests, or despite it was refused to answer to the questions of the study. It was used as research instrument signature of the TCLE, interview half-structuralized for the adoption of a profile uniform and accomplishment of the test of Functional Autonomy of the Group of Latin American Development for the Maturity (Protocol GDLAM) (VALE, 2005). The collection of data was made from the division of aged women in the Practicing Group of Physical Activity (G1) and Practicing Group of Fisiomotricidade (G2). The analysis of the data occurred for the use of the test t-Student, of the test Qui-square (for tables of contingencies 2x2), to the level of 5% of significance (a value-p < 0,05 are a significant result indicating the decision of if rejecting the hypothesis null, that is, Ho).

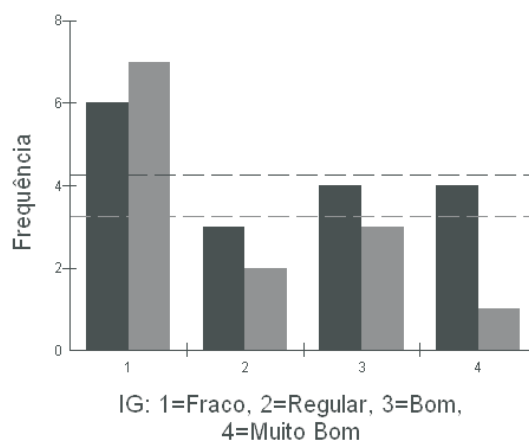
3 RESULT AND QUARREL

Of the analysis of the gotten answers of the aged women, from the application of the test of Protocol GDLAM for the two groups, they had emerged, respectively, the indices of functional autonomy, that will be presented to follow.

Table 1 - Distribution of the frequency of women who carry through regular physical activity, in the relation with the age and functional autonomy established by the GDLAM index (IG)

Índice GDLAM	Faixa Etária 65 a 70 anos		Faixa Etária Maiores de 70 anos		(p)
	f	%	f	%	
- Fraco	06	35,29	07	53,85	0,0188
- Regular	03	17,65	02	15,38	
- Bom	04	23,53	03	23,08	
- Muito Bom	04	23,53	01	7,69	
TOTAL	17	100	13	100	

Legend: IG – Fraco= + 27,42; Regular= 27,42 – 24,98; Bom= 29,97 – 22,66; Muito Bom= -22,66



Graph 1 - Distribution of frequency of women who carry through regular physical activity and its relation with the age and functional autonomy established by the Index of GDLAM (IG)

In the Figura1 they had been definite greater frequency with weak IG, at the two 70 years), respectively, 70 anos e, moments of the research (between 65 (N=06; 35,29); (N=7; 53,85%). In the analysis statistics, carried through with test Qui-square, in a sample for waited results different indicative of the functional autonomy and its relation with the etária band, p= 0, 0188 was established one. Of this form, it is possible to affirm that a relation of negative and significant dependence between the age and functional autonomy exists, in the investigated women who practise regular physical activity.

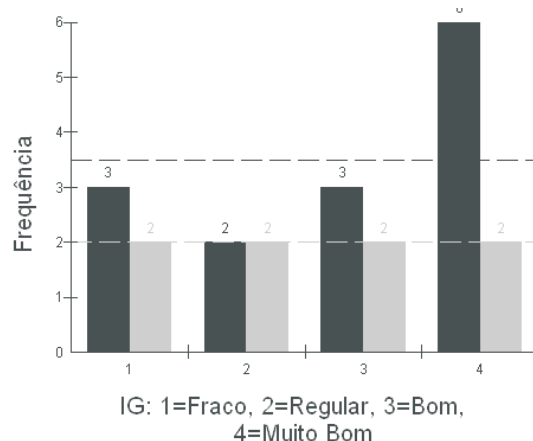
These data confirm the studies that the relation between age and loss of functional autonomy had evidenced, demonstrating that the increase of the age can be ominous the autonomy, and, in general, the people are obtaining to arrive the advanced ages, however, with spoiled functional capacity, a time that the sedentarismo or inadequate physical activity is a frequent characteristic in its styles of life, as it determined the result of the analyzed group (SILVA; RABELO, 2006; PASCOAL; SANTOS; BROEK, 2006; CARVALHO; CARVALHO, 2008; THOMAZ; BORSOLI; VIEBIG, 2008; BELLONI et al., 2008; RAMOS, 2008; TRIBESS; VIRTUOSO; JR., 2004; GOYAZ, 2003).

Each time more research is evidencing that the physical activity is a resource important to minimize the degeneration provoked for the aging, making possible to the aged one to keep a quality of active life; however, the regular physical activity nor always contributes to prevent the incapacities associates to the aging, although its main approach to be the promotion of health (PASCHOAL apud FREITAS et al., 2002; SILVA; RABELO, 2006; RAMOS, 2008; MIRANDA, 2009).

Table 2 - Distribution of the frequency of women who carry through Fisiomotricidade, in the relation with the age and functional autonomy established by the GDLAM index

ÍG	Faixa Etária 65 a 70 anos		Faixa Etária Maiores de 70 anos		(p)
	f	%	f	%	
- Fraco	03	21,43	02	25,00	p= 0, 0293
- Regular	02	14,28	02	25,00	
- Bom	03	21,43	02	25,00	
- Muito Bom	06	42,86	02	25,00	
TOTAL	14	100	08	100	

Legend: IG – Fraco= + 27,42; Regular= 27,42 – 24,98; Bom= 29,97 – 22,66; Muito Bom= -22,66



Graph 2 - Distribution of frequency of women who carry through Fisiomotricidade and its relation with the age and functional autonomy established by the Index of GDLAM

In the Figura 2 they had been definite greater frequency with Good IG, between 65-70 years, did not vary 70anos (N=06; 42.86%), however for women with age have variation of the frequency in relation to the different indices established for the GDLAM (N=02; 25%). In the analysis statistics, carried through with test Qui-square in a sample for waited results different indicative of the functional autonomy and its relation with the etária band $p=0$ was established one, 0293. In this way, it is possible to affirm that a relation of positive and significant dependence between the age and functional autonomy exists, in the investigated women who practise Fisiomotricidade.

This result is in accord with the findings to sound Soares, A. Neto e Silva (2009) and Soares (2008), in research next to a group of 30 women in the etária band between 65 and 70 years, with medical indication for fisioterapia, that expressed pain complaint and disclosed limitation functional, and had submitted it the intervention of the cinesioterapeutico protocol Fisiomotricidade, where the occurrence of reductions in the pain indices was evidenced, and, to the end, 13.8% of the group did not present more the sintomatologia.

Lauande (2005), in research next to the women with painful sintomatologia, obtained to evidence the improvement of the functionality and, consequence, quality of life, through the application of the Fisiomotricidade, where the patients had told to improvement in general well-being and reduction of pain. In this direction, diverse studies, as of Lin et al. (2001), Silva and Lage (2006), Caromano, Ide and Kerbauy (2006), Castro, Silva and Silva (2008) and Castro, Silva and Silva (2009) they have suggested diverse forms of physical and cognitive-mannered therapies for the minimização or elimination of pain states.

5 CONCLUSION

The Fisiomotricidade was configured in an alternative to keep carrying aged active of chronic-degenerative illnesses, before sedentary due to functional pain or limitations. Through this study it was possible to conclude itself exactly that the physical activity is crucial in advanced ages, being this of low impact, since it in such a way keeps standards in the functional autonomy and repercussion in the improvement of the quality of life how much a conventional physical activity. In thus being, the apex of the study if configured in the constatação of that the musculoesqueléticas limitations do not have to be considered as exculpatory factor and yes, as alert for an attention incited that not only excites the search for the resolution of the signals and symptoms, as well as for the agreement of its cause.

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COMPARATIVE STUDY ON THE FUNCTIONAL AUTONOMY OF AGED PRACTITIONERS OF FISIOMOTRICIDADE AND AGED PRACTITIONERS OF REGULAR PHYSICAL ACTIVITY

ABSTRACT:

The benefits of the physical activity for the health and quality of life of the aged population today are had as credibilizados facts, however, the level of tack to such practical still is very low, mainly to the carriers of pain and musculoesqueléticas disfunções. Objective: to investigate the theoretical probability of that a cinesioterapêutico protocol, called Fisiomotricidade, indicated the patients with pain and functional limitation could favor autonomy funcional of aged practitioners, if compared with the conventional physical activity. Methodology: One was about a transversal, comparative study and analytical, with quantitative boarding of the changeable carried through functional autonomy in the city of São Luis. The sample was constituted by 60 aged ones in the etária band of 65 the 75 years, divided in two groups: practitioners of conventional physical activity (G1), practitioners of Fisiomotricidade (G2) selected randomly, through the drawing of fichas in the places where the activities, CAISI and CIMO were carried through respectively. The instruments used for the study had been signature of the TCLE, evaluation of the Functional Autonomy for the Protocol of tests (GDLAM); For it analyzes of the data used analysis statistics in the changeable functional autonomy using descriptive and inferenciais statistical techniques, through the use of the test t-Student, thetest qui-square (for tables of contingencies 2x2), to the level of 5% of significance. Results: When analyzed the distribution of the frequency of the index of functional autonomy and age between the two groups one met $p= 0,0293$ for (G1) demonstrating that a relation of negative and significant dependence between age and functional autonomy in the practitioners of conventional physical activity for one exists $p= 0,0188$ for (G2) that it pointed with respect to a relation of positive dependence in relation the age in the practitioners of Fisiomotricidade. Conclusion: the physical activity showed to be crucial in advanced ages, exactly being this of low impact, since it in such a way keeps standards in the functional autonomy and repercussion in the improvement of the quality of life how much a conventional physical activity.

KEYWORDS: Fisiomotricidade. Aged. Functional autonomy.

ÉTUDE COMPARATIVE SUR L'AUTONOMIE FONCTIONNELLE DE PERSONNES ÂGÉES PRATIQUANTES DE FISIOMOTRICIDADE ET DE PERSONNES ÂGÉES PRATIQUANTES D'ACTIVITÉ PHYSIQUE RÉGULIÈRE

RÉSUMÉ :

Les bénéfices de l'activité physique pour la santé et la qualité de vie de la population âgée sain aujourd'hui eue je mange des costumes crédibilisés, néanmoins, le niveau d'adhérence à telle pratique encore est très bas, principalement aux transporteurs de douleur et de dysfonctionnements musculoesquelétiques. Objectif: enquêter la probabilité théorique dont un protocole cinesioterapêutico, appelé Fisiomotricidade, indiqué la patiente avec douleur et la limitation fonctionnelle pouvait favoriser de l'autonomie fonctionnelle de personnes âgées pratiquantes, si comparé à l'activité physique classique. Méthodologie: Il s'est agi d'une étude transversale, comparative et analytique, avec abordage quantitatif de la changeante autonomie fonctionnelle réalisée dans la isole de Sain Luís-Ma. L'échantillon a été constitué par 60 personnes âgées dans la bande étairie de 65 à 75 ans, divisés dans deux groupes : praticiens d'activité physique classique (G1), praticiens de Fisiomotricidade (G2) sélectionnés aléatoirement, à travers le dessin de fichas dans les lieux où étaient réalisées les activités, CAISI et CIMO respectivement. Les instruments utilisés pour l'étude ont été signature de TCLE, évaluation de l'Autonomie Fonctionnelle par le Protocole d'essais (GDLAM) ; Pour il analyse des données s'utilise de l'analyse statistique dans la changeante autonomie fonctionnelle en s'utilisant de techniques statistiques descriptives et d'inferenciais, à travers l'utilisation de l'essai t-Student, de l'essai qui-quadrado (pour des tableaux de contingences 2x2), au niveau de 5% d'importance. Résultats: Quand analysée la distribution de la fréquence de l'indice d'autonomie fonctionnelle et d'âge entre les deux groupes s'est trouvée une $p= 0.0293$ pour (G1) en démontrant laquelle existe une relation de dépendance négative et significative entre âge et une autonomie fonctionnelle dans les praticiennes d'activité physique classique pour une $p= 0.0188$ pour (G2) qui indique pour une relation de dépendance positive concernant âge dans les praticiennes de Fisiomotricidade. Conclusion: l'activité physique a

montré être cruciale dans des âges avancés, même en étant celle-ci de abaisse impact, depuis il maintient des normes dans l'autonomie fonctionnelle et la répercussion dans l'amélioration de la qualité de vie de telle façon combien une activité physique classique.

PALAVRAS-CHAVE: Fisiomotricidade. Personnes âgées. Autonomie Fonctionnelle.

ESTUDIO COMPARATIVO SOBRE L' AUTONOMÍA FUNCIONAL DE ANCIANOS QUE PRACTICAN DE FISIOMOTRICIDADE Y ANCIANOS QUE PRACTICAN D'ACTIVIDAD FÍSICA REGULAR

RESUMEN:

Los beneficios de l' actividad física para la salud y la calidad de vida de la población vieja sano aujourd' hoy tener como trajes crédibilisés, sin embargo, el nivel d' adherencia a tal práctica aún es muy baja, principalmente a los transportistas de dolor y disfunciones musculoesqueléticas. Objetivo: investigar la probabilidad teórica cuyo protocolo cinesioterapeútico, llamado Fisiomotricidade, indicado la paciente con dolor y la limitación funcional podía favorecer de l' autonomía funcional de ancianos que practican, así comparado a l' actividad física clásica. Metodología: Él s' se actúa d' un estudio transversal, comparativo y analítico, con abordaje cuantitativo de la cambiante autonomía funcional realizada en la ciudad de São Luís-Ma. L' muestra ha estado constituida por 60 ancianos en la banda étaire de 65 a 75 años, divididos en dos grupos: expertos d' actividad física clásica (G1), expertos de Fisiomotricidade (G2) seleccionados aleatoriamente, a través del dibujo de fichas en los lugares donde se realizaban las actividades, a CAISI y a CIMO respectivamente. Los instrumentos utilizados para l' estudio fue firma de TCLE, evaluación de l' Autonomía Funcional por el Protocolo d' pruebas (GDLAM); Para analiza datos s' utiliza de l' análisis estadístico en la cambiante autonomía funcional en s' utilizando de técnicas estadísticas descriptivas y d' inferenciales, à travers l' utilización de l' prueba t-Student, de l' prueba qui-cuadrado (para cuadros de contingencias 2x2), en de un 5% d' importancia. Resultados: Cuando analizada la distribución de la frecuencia de l' índice d' autonomía funcional y d' edad entre los dos grupos s' se encuentra un $p=0.0293$ para (G1) demostrando el cual existe una relación de dependencia negativa y significativa entre edad y autonomía funcional en los praticiennes d' actividad física clásica para un $p=0.0188$ para (G2) que indica para una relación de dependencia positiva relativa a edad en los praticiennes de Fisiomotricidade. Conclusión: l' actividad física mostró ser crucial en edades avanzadas, incluso siendo ésta de masa de empanada impacto, desde él mantiene normas en l' autonomía funcional y la repercusión en l' mejora de la calidad de vida de tal manera cuánto una actividad física clásica.

PALAVRAS-CHAVE: Fisiomotricidade. Ancianos. Autonomía Funcional.

ESTUDO COMPARATIVO SOBRE A AUTONOMIA FUNCIONAL DE IDOSAS PRATICANTES DE FISIOMOTRICIDADE E IDOSAS PRATICANTES DE ATIVIDADE FISICA REGULAR

RESUMO:

Os benefícios da atividade física para a saúde e qualidade de vida da população idosa são hoje tidos como fatos credibilizados, entretanto, o nível de aderência a tal prática ainda é muito baixo, principalmente aos portadores de dor e disfunções musculoesqueléticas. Objetivo: investigar a probabilidade teórica de que um protocolo cinesioterapeútico, denominado Fisiomotricidade, indicado a pacientes com dor e limitação funcional pudesse favorecer autonomia funcional de idosas praticantes, se comparado à atividade física convencional. Metodologia: Tratou-se de um estudo transversal, comparativo e analítico, com abordagem quantitativa da variável autonomia funcional realizado na cidade de São Luís-Ma. A amostra foi constituída por 60 idosas na faixa etária de 65 a 75 anos, divididas em dois grupos: praticantes de atividade física convencional (G1), praticantes de Fisiomotricidade (G2) selecionadas aleatoriamente, através do sorteio de fichas nos locais onde eram realizadas as atividades, CAISI e CIMO respectivamente. Os instrumentos utilizados para o estudo foram assinatura do TCLE, avaliação da Autonomia Funcional pelo Protocolo de testes (GDLAM); Para a análise dos dados utilizou-se análise estatística na variável autonomia funcional utilizando-se técnicas estatísticas descritivas e inferenciais, através do uso do teste t-Student, do teste qui-quadrado (para tabelas de contingências 2x2), ao nível de 5% de significância. Resultados: Quando analisada a distribuição da frequência do índice de autonomia funcional e idade entre os dois grupos encontrou-se um $p=0,0293$ para (G1) demonstrando que existe uma relação de dependência negativa e significativa entre idade e autonomia funcional nas praticantes de atividade física convencional para um $p=0,0188$ para (G2) que apontou para uma relação de dependência positiva em relação a idade nas praticantes de Fisiomotricidade. Conclusão: a atividade física mostrou ser crucial em idades avançadas, mesmo sendo esta de baixo impacto, já que mantém padrões na autonomia funcional e repercussão na melhora da qualidade de vida tanto quanto uma atividade física convencional.

PALAVRAS-CHAVE: Fisiomotricidade. Idosas. Autonomia Funcional.

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