



Effect of Exercise on Fall Prevention in Postmenopausal Women: Scopic Systemic Review

Ruqqaiya Rashid¹, Aarti Gupta²

¹ *MPT Neuro,SGT University, Gurugram, India*, ²*Assistant Professor, SGT University, Gurugram, Haryana*

Abstract

Background: Exercise treatments effects on fall prevention in postmenopausal women, who have more falls than women in other age groups. The purpose of this study was to thoroughly examine how exercise programmes affect postmenopausal women’s ability to prevent falls.

Method: We looked through five electronic databases to find controlled studies examining how exercise interventions affected postmenopausal women’s risk of falling. The listed studies quality was evaluated using the Pedro scale.

Results: The qualifying requirements were met by twenty experiments that looked at the effects of whole body vibration programmes, Pilates training, closed and open kinetic chain, aerobic and strength training, aquatic exercise, and vitamin D supplementation. Exercise of all kinds was linked to increases in bone metabolism, muscle strength, speed of motor responses, pain management, balance, BMD, fall risk, everyday living activities, flexibility, mobility, and a significant improvement in gait pattern and recovery time following pertubated gait. Few research compared various exercise regimens or intensities.

Conclusion: This review bolsters the benefits of exercise on falls in postmenopausal women. While strength and resistance training was found to yield positive results, more research in postmenopausal women is necessary to determine the precise and efficient outcome, as the present data is insufficient.

Keywords: *Exercise, Risk of fall, management, Postmenopausal women.*