

April 2019 ArizOTA Journal Club Article Summary

Title: **Systematic Review of Yoga and Balance: Effect on Adults With Neuromuscular Impairment**

Publication: American Journal of Occupational Therapy

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Systematic review of yoga and balance: Effect on adults with neuromuscular impairment. *American Journal of Occupational Therapy*, 73, 7301205150. <https://doi.org/10.5014/ajot.2019.028944>

Purpose of study: To conduct a systematic review of the literature to better understand the benefits and efficacy of yoga as an intervention for improving balance in populations at risk for falling. The study also addressed the utilization of yoga as a modality in occupational therapy intervention.

Method

- Type of study: Level I, Systematic review
 - Conducted an exhaustive literature search utilizing PubMed, CINAHL, and Google Scholar
 - Articles published before 2001 were excluded
 - Only articles in English were reviewed
- 14 articles reviewed
 - Participants with TBI, CVA, dementia and AD-type dementia, MS, PD, and community-dwelling older adults
- 13 of the 14 articles demonstrated a significant improvement in balance

Limitations:

- Small sample sizes
- Lack of blinding
- Lack of a control group
- No longitudinal component to any of the studies

Implications for practice

- There is moderate evidence to support the use of yoga as a modality to improve balance for community dwelling older adults and people with CVA, dementia and AD-type dementia, and MS. However, the authors recommend providing occupational therapy education as well to increase a person's awareness of fall risk and to reduce fall risk factors
- The authors recommend a yoga program of at least twice per week [45-60 minutes] for a minimum of eight weeks

Quick Facts:

- According to the CDC, 29 million falls occurred among adults age 65 or older in 2014
- Falls are the most common nonfatal injury for people ages 18-85 years old in the United States