

Dohsa treatment to improve balance in elderly people: an evaluation of an family-based rehabilitation programme

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Objectives: In this research we evaluate an individually family-based Dohsa exercise programme of balance in the aged people and its effect on self confidence for performing common daily tasks with less falling could be influenced by training.

Methods: From a residential care center, five aged person were participated in this study. They were trained by Dohsa method for six weeks. Two types of Dohsa-hou were used: Relaxation and Tate-kei. Tate-kei was the task which required them to control their body vertically against gravity.

Results: The results indicated that most of them had improved their balance and their confidence for doing their daily activities without falling in a better way.

Discussion: The Dohsa family based rehabilitation program could improve their balance and increase their activity by not falling down. The family based programme can be a useful program for rehabilitation therapists in their therapy with aged people to improve their life skills and well beings.

Key words: Dohsa family based program, elderly people, balance improvement.