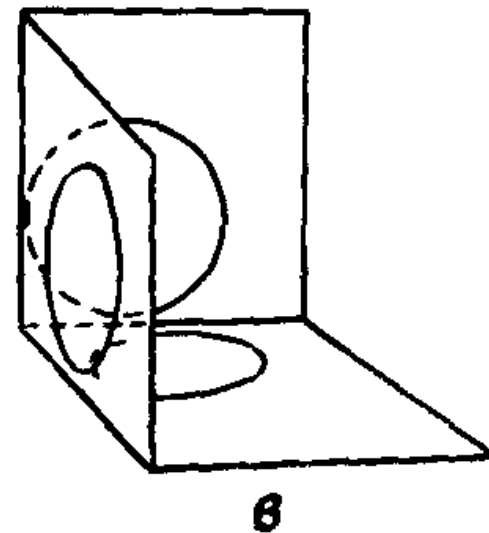
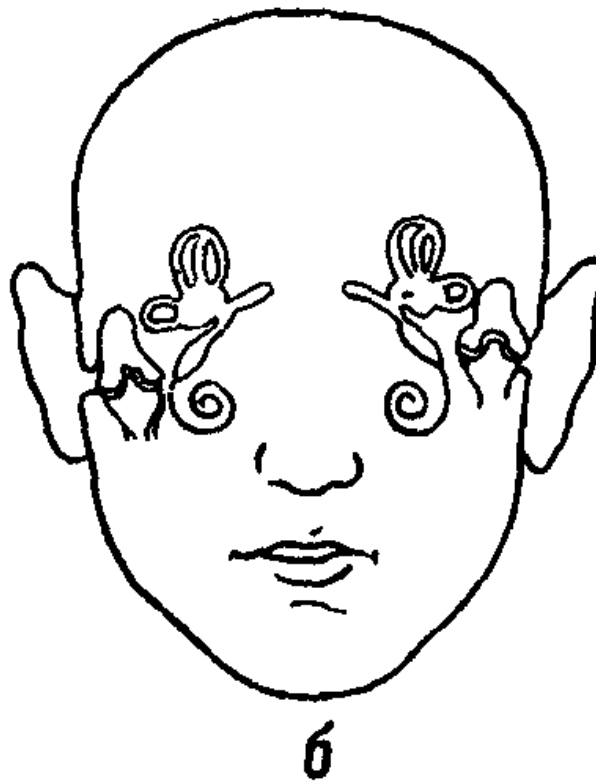
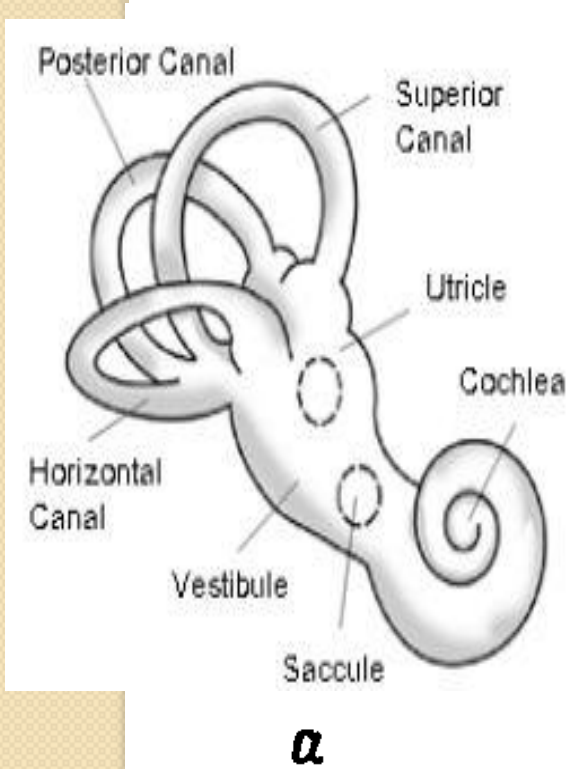




CORRECTION OF BALANCE AS A FACTOR SOCIALIZATION ELDERLY

L.Kapilevich



Provides a sense of balance vestibular system.



Aging is accompanied by a decrease in sensitivity of the sensory systems and functions of the musculoskeletal system, leading to postural instability in people elderly and senile age.

Shift of the equilibrium center plays an important role in the age-related changes in posture.

The fall as a consequence of postural instability of people 65 years and older represent a serious problem.

For persons 65 years and over 13% of all deaths are the consequence of falls.

The cost of these falls is very high. One fall is worth 3611 U.S. dollars.





In 50% of older people who have had repeated falls, marked limitation of physical activity due to psychological reasons.

Develops a sense of fear, fear of repeated falls, anxiety. They cease to leave the house, accompanied by an increase depending on others.

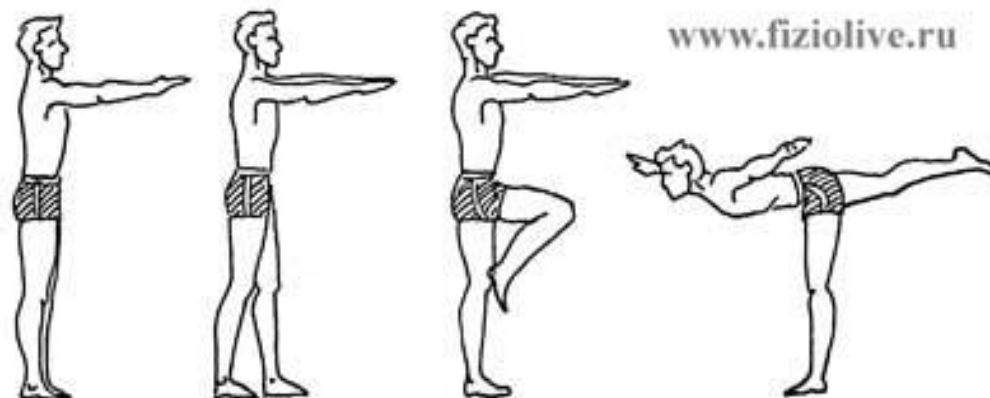


All the above allows us to recommend development of the functions of balance in older adults as a promising way of socialization.

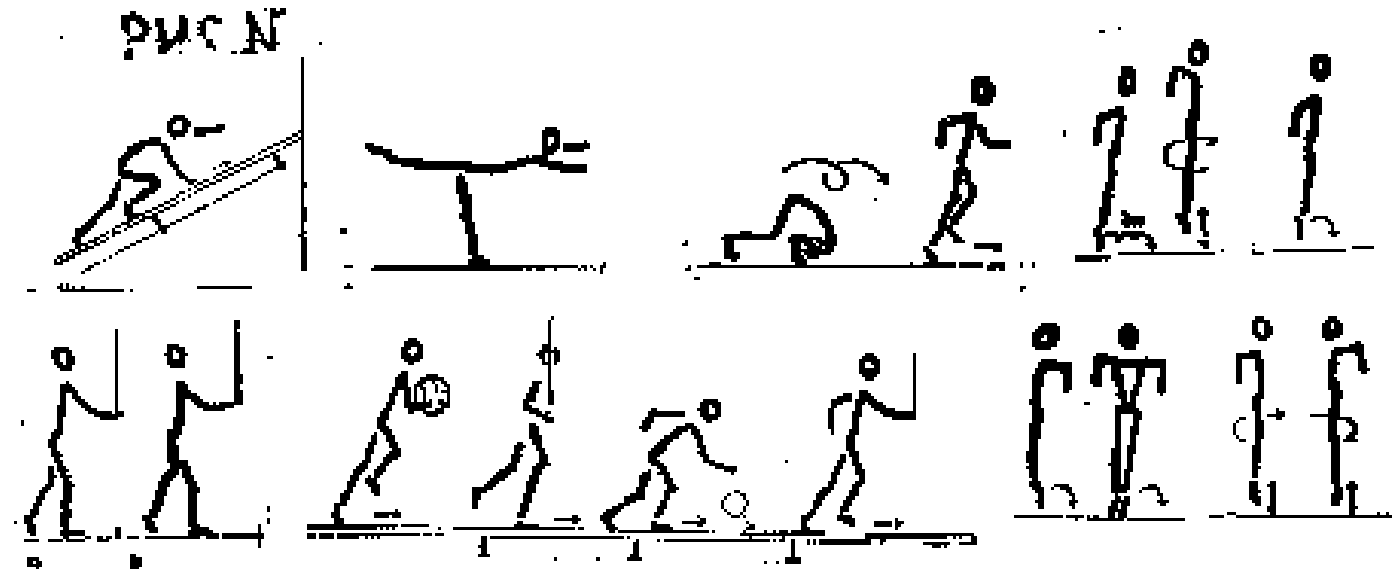
For the development of the equilibrium exists many ways.

For the development of the equilibrium exists many ways.

Physical exercise.



Various Sports.

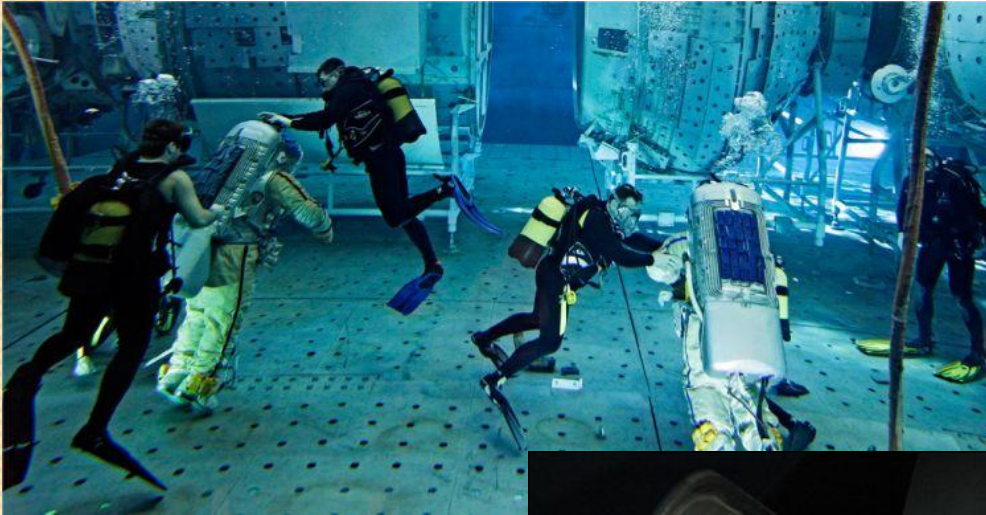




Special trainers.



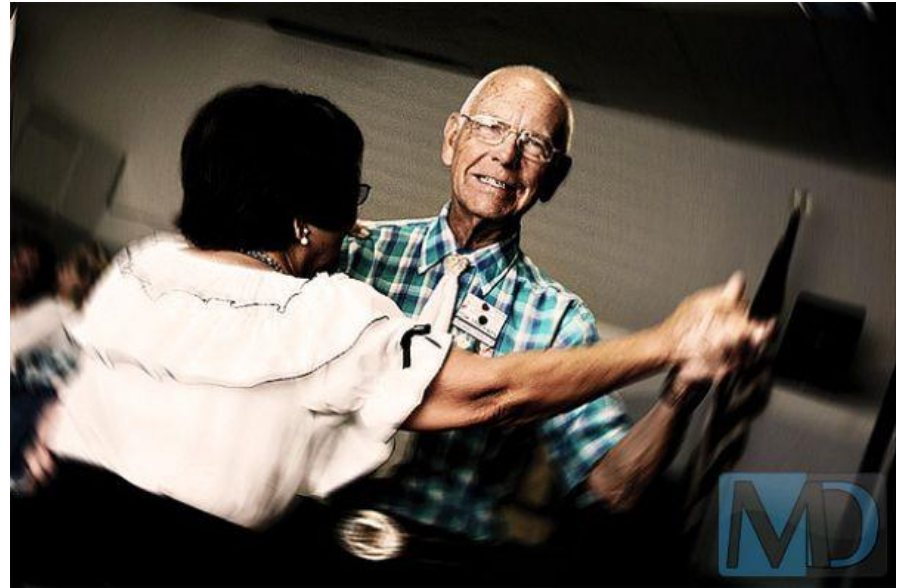
Sophisticated techniques of training astronauts.





But the majority of older people are not willing to use such methods.

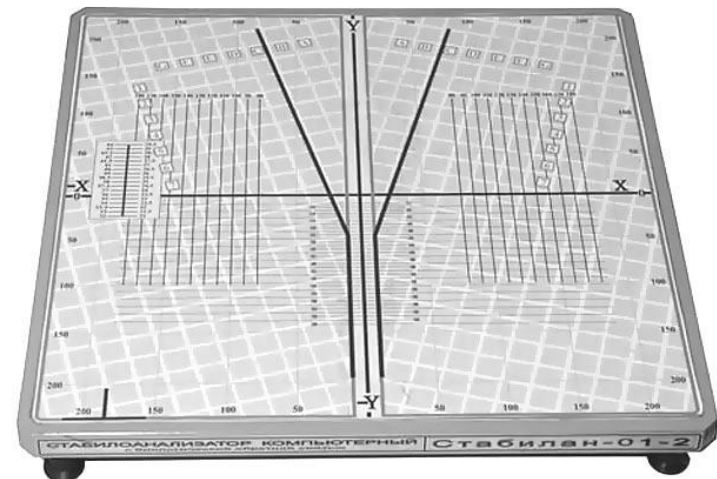
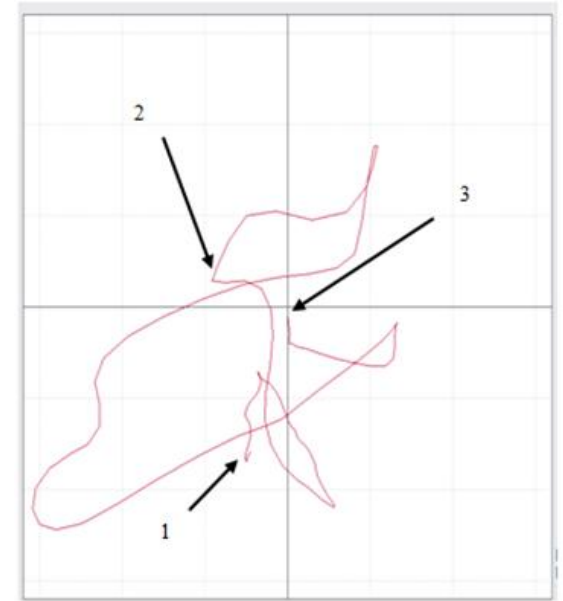




The most successful one will dance classes. These classes can solve two problems at once - improved balance and coordination and expansion of communication.

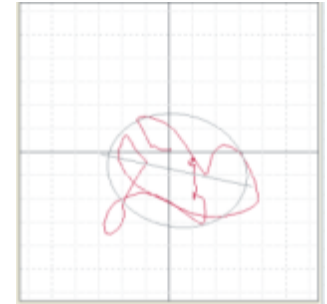


The greatest effect can be achieved if you combine these exercises workouts on stabilographic simulator with biofeedback.

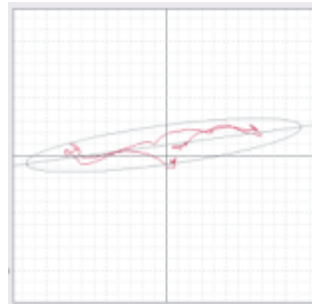
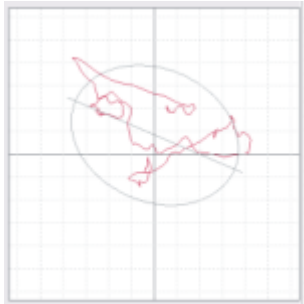


Here's how to change human movement in dance training.

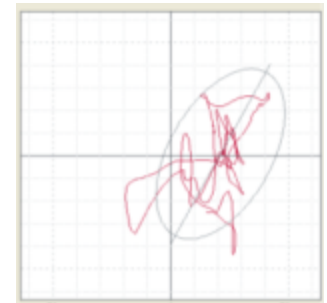
masters



amateur



greenhorn



PERFORMANCE DANCE STEPS TIME-STEP