

# **The relationship between body composition analysis and 8 foot up and go test in young old adults**

Ektaben Soni

*Ashok and Rita Patel Institute of Physiotherapy- CHARUSAT, India*

## **Abstract**

**Background:** In India the overall number of the elderly population is growing fast. Young old group consists of the population between 60 to 69 years of age, who have minimum level of disability. Body mass index (BMI) is a simple measure used to characterize a person as being undernourished, normal, overweight and obese. The waist circumference (WC) is useful to diagnose abdominal obesity. The 8 foot up and go test (8FUG), which was designed to measure speed, agility and balance while moving in elderly people.

**Objectives:** To find out reference value of 8 foot up and go test in young old population and to find out co relation between body composition and 8 foot up and go test.

**Results:** Time needed to perform the 8FUG test was 10.37 Sec for young old adults. We found significant correlation between performance variable of 8FUG test and BMI clinically and statically. But we found weak correlation between performance variable of 8FUG test and WC.

## **Biography**

Ektaben Soni has completed her Bachelor of Physiotherapy from Ashok and Rita Patel Institute of Physiothepy, Changa in 2015. Currently, she is pursuing her Master of Musculoskeletal Science in Ashok and Rita Patel Institute of Physiotherapy.

ektasoni54@gmail.com