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Ethnopharmacology and Physiotherapy Congress 2019: Resistant exercises in the treatment of Sarcopenia - Sandra Shiguemi Fukunaga - Nozawa Integrated Therapy Institute

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Introduction: The aging of the human being is a biological process in which the body systems undergo numerous changes, and it is in this same context that the locomotor system undergoes the decline of its functionality and equilibrium (Pedrinelli et al., (2009)).

Another factor related to aging sarcopenia is a process of loss of musculoskeletal structures of slow and generalized progression with multifactorial etiology due to the biological aging of the body, which may affect even the active individuals (Silva et al., 2006) and may occur in both sexes, but in the more advanced stages there is predominance in females (Silva et al., 2006).

Results: Endurance exercises associated with aerobic exercise are ways of intervening and treating the process of muscle mass loss in the elderly, and its long-term practice benefits the maintenance of the gains obtained (Pedrinelli et al., 2009). Fidelis et al., 2013 also testifies to the importance of practicing physical exercises in the elderly to improve strength, flexibility and mobility.

Martinez et al., 2014 states that the strength exercises associated with aerobic are effective in the treatment of sarcopenia, but also that adequate nutrition is of great importance for the therapeutic effects.

Conclusion: With these considerations, we can suppose that the resistance to physical exercise associated with aerobic activity and better nutrition, improve the functional capacity in individuals suffering from the process of loss of muscle mass due to sarcopenia, but its prescription should be individually based in the physical capacity and need of each elderly person.

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