



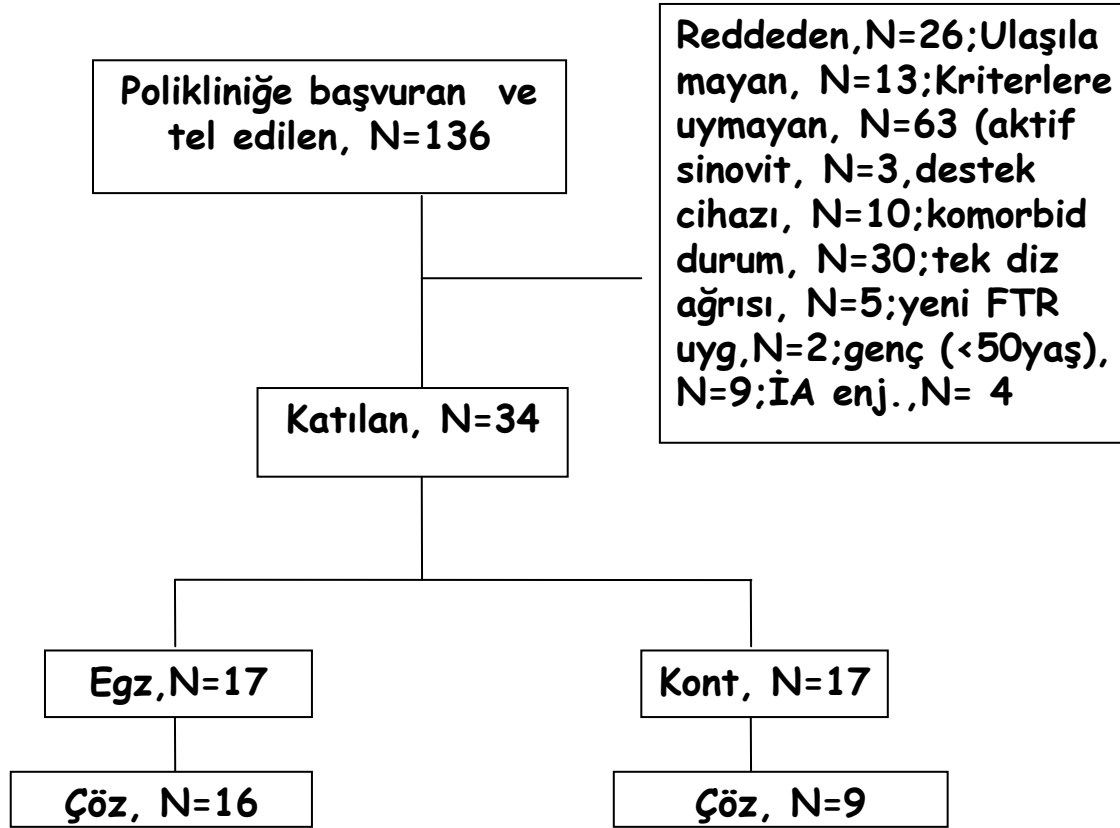
DİZ OSTEOARTRİTLİ BAYANLARDA, ÇOK BİLEŞENLİ EGZERSİZİN YAŞAM KALİTESİNE ETKİSİ

TORAMAN N.F¹., AĞLAMİŞ B²., YAMAN H³.

1 Akdeniz Üniversitesi B.E.S.Y.O

2 Şahinler Çok Programlı Lisesi B.E.S. Öğretmeni

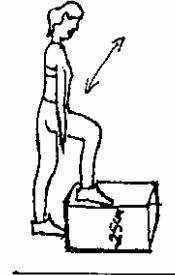
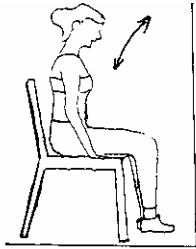
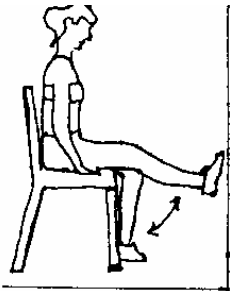
3 Akdeniz Üniversitesi Tıp Fakültesi Aile Hekimliği ABD



- **Ölçümler:** Antrenman öncesi-6.hafta-12.hafta
- **Son durum ölçütleri:** KF-36; WOMAC; BKİ (Soehnle ve Tanita Model TBF-300); 6 dakika yürüme

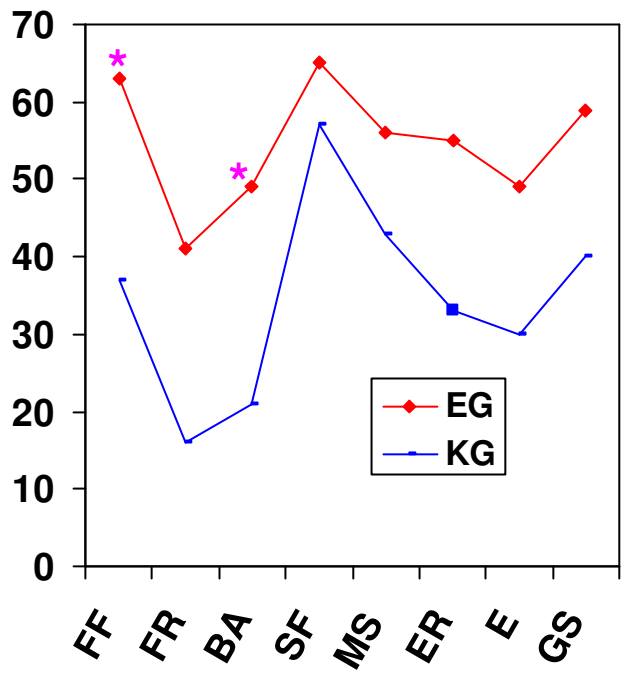
Antrenman programı

- 12 hafta, 3 gün/hafta sıklıkta
- **Aerobik:**
 - Yürüme-20 dak
 - ilk 2 haftada antrenman yoğunluğu %50 KAS, 3.hafta %55 KAS ve takip eden haftalarda %60 KAS [Hedef KAS: $0.50(KAS_{mak}-KAS_{din})+KAS_{din}$]
 - Yer: Turu 400 m. atletizm pisti
- **Kuvvet:**
 - Dönerli 4 istasyon,
 - Beden ağırlığı
 - ilk 2 hafta 1 set, 12 tekrar; 3.hafta-antrenman sonu 3 set, 12 tekrar
 - Setler arası 2 dak, istasyonlar arası 1 dak dinlenme
- **Fleksibilite**

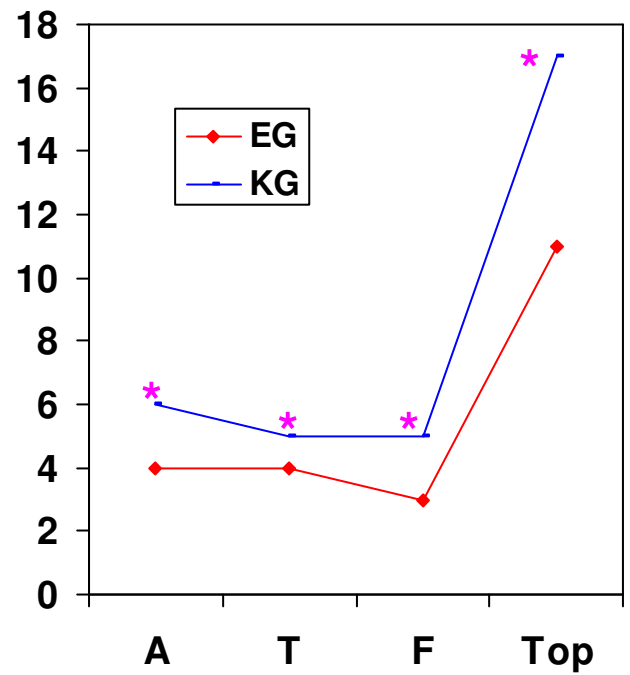


EG 17, KG 14, p<.05

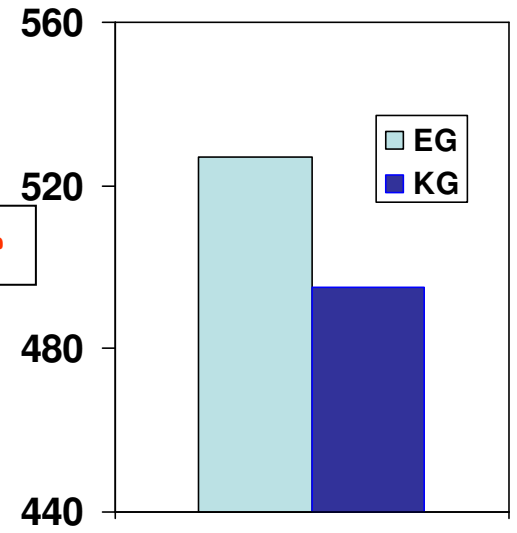
KF-36



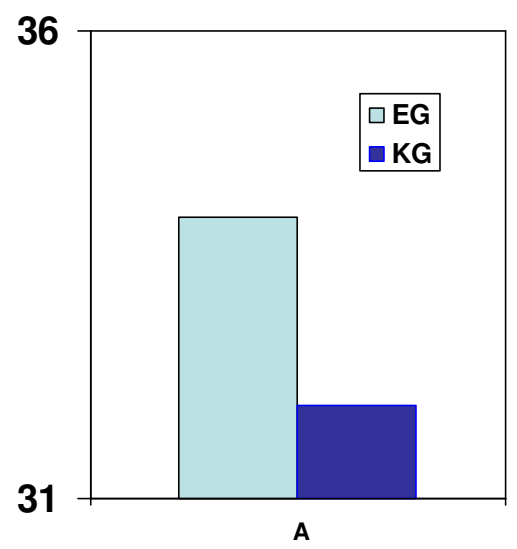
WOMAC



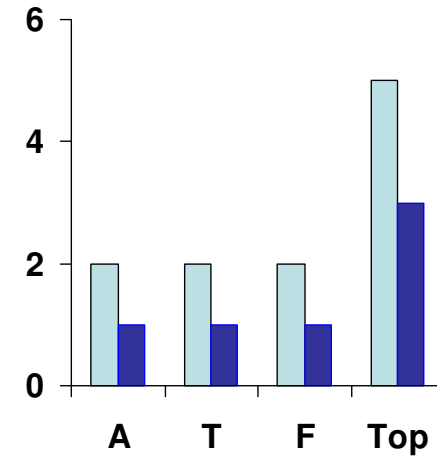
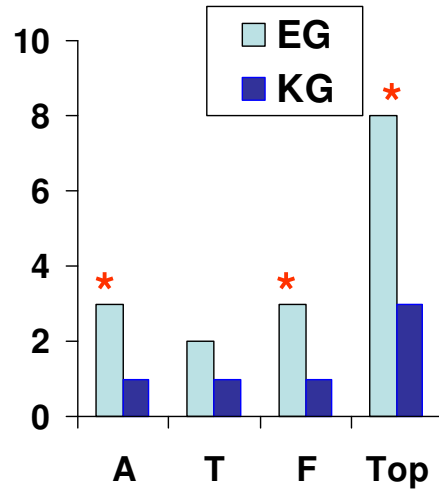
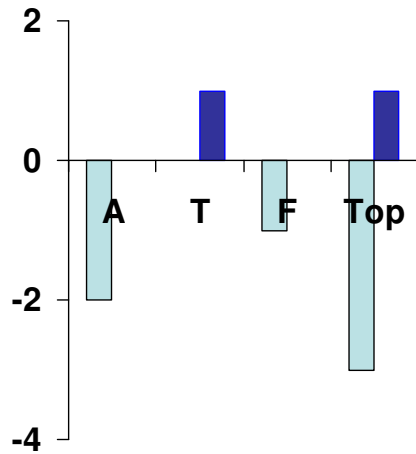
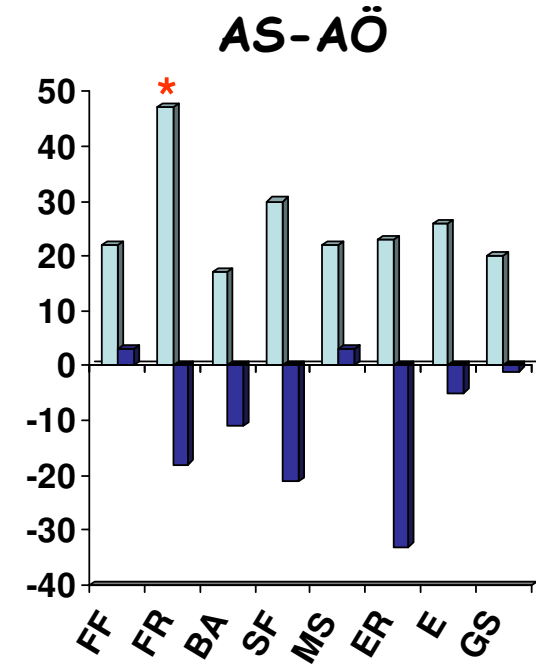
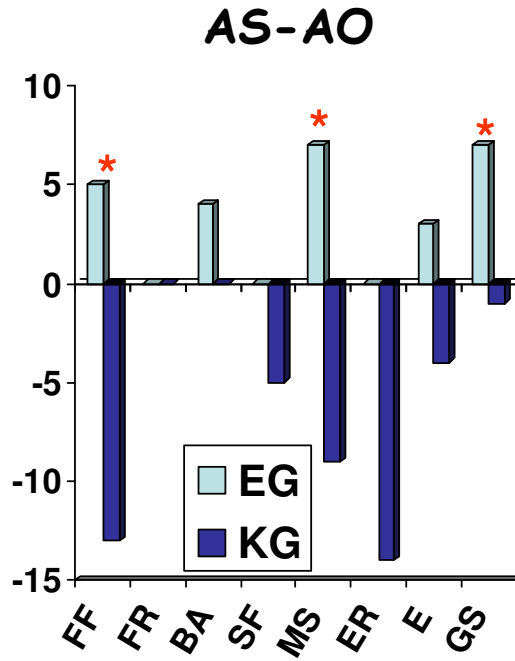
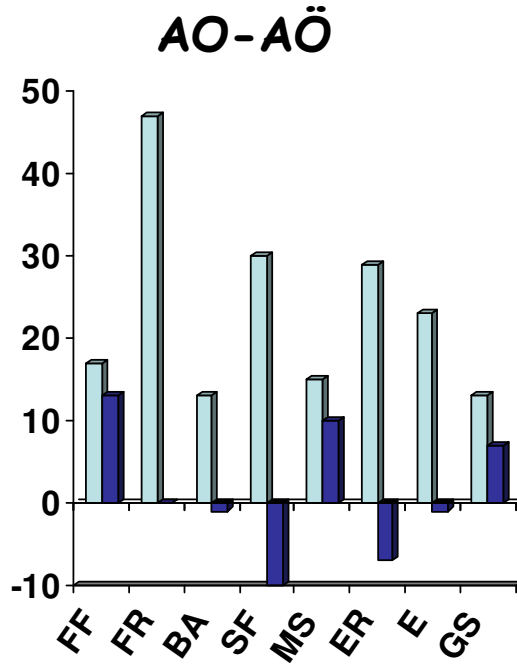
6-dak yür

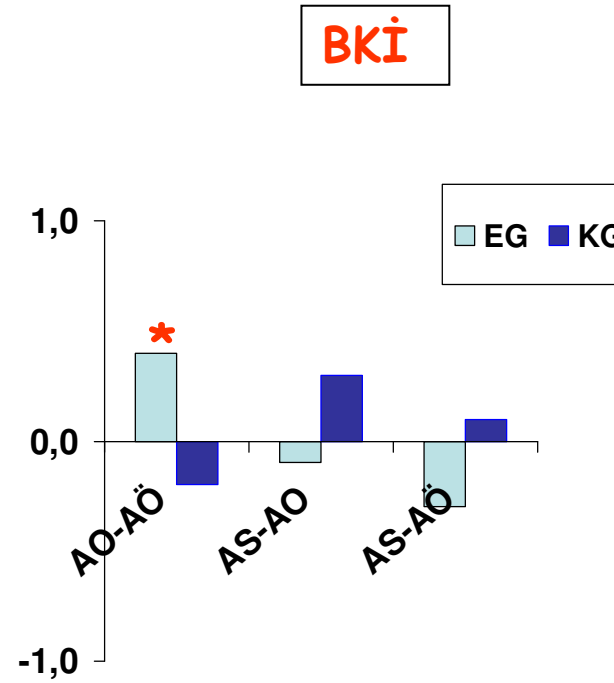
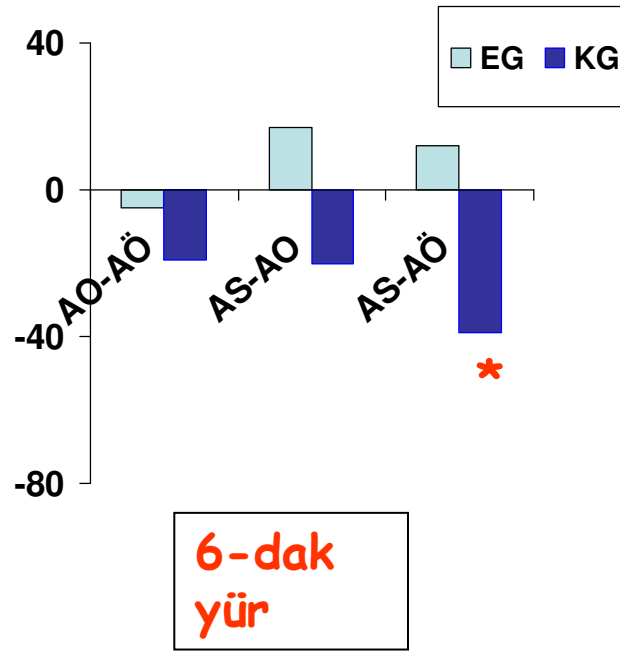


BKİ



MUTLAK FARKLAR, $P < .01$





Varılan Sonuç:

Diz osteoartriti olan kadınlarda, 12 haftalık egzersiz programı, yürüme performansını ve fiziksel rol puanını arttırmaktadır. Ancak, yaşam kalitesinin diğer alanlarını etkilememektedir.

Teşekkür ederim.