

Resistance band exercise aids nursing home residents

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(HealthDay)—A resistance band exercise program lessens depression

and behavioral problems among older, wheelchair-bound nursing home residents with dementia, according to a study published Nov. 23 in the *Journal of the American Geriatrics Society*.

Kuei-Min Chen, R.N., Ph.D., from the National Kaohsiung First University of Science and Technology in Taiwan, and colleagues randomized wheelchair-bound nursing home older adults with dementia to either a resistance band exercise program (n=65) or a [control group](#) (n=62). The program involved resistance band exercises three times per week in 40-minute sessions in two sequences: volunteer-led sessions for the first six [months](#) (stage 1), followed by DVD-guided sessions for the next nine months (stage 2).

The researchers found that by the sixth month of the study, experimental group participants were significantly less depressed and had fewer [behavioral problems](#) than control group participants. These small but statistically significant differences were maintained throughout the nine months of the DVD-guided sessions.

"Volunteer-led sessions followed by DVD-guided sessions of resistance band exercise is effective and practical in institutional settings," the authors write.

More information: [Full Text \(subscription or payment may be required\)](#)

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