

# **ABSTRACT**

## **Title:**

Effect of exercise on postural stability parameters in senior's age

## **Objectives:**

The aim of this study is to assess the effects of a regular group exercise on specific parameters of postural control in seniors. The intervention was composed based on a literary review and consisted of strength, flexibility and balance exercises.

## **Methods:**

The sample consisted of nine women older than 65 years. To evaluate the differences in selected parameters of static postural control before and after intervention the pressure plates RS Footscan® Balance 7.6 second generation (RSscan International, Belgium) were used.

## **Results:**

All of the measured parameters of static postural control improved, particularly when standing without visual control. The results can be helpful in planning of preventive exercise programs for seniors.

## **Key words:**

Postural control, seniors, group exercise, balance exercise