

Normative Reference Value of L Test in Elderly Indian Population of Age Group 60 to 70 Years: A Cross-sectional Study

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ABSTRACT

Introduction: Aging is age related systemic decline in body function with progressive changes in molecular and biological dimensions, hence it leads to reduction in muscle strength, endurance, mental function which in turn affect the physical mobility of an individual putting an increased risk for development of secondary complications. Studies have shown that objective performance-oriented tests have excellent measurement properties and are able to predict future function. However, these techniques are costly, arduous and unfeasible in most clinical settings. L test has a high correlation with other proven tests that measure pure gait speed for longer lengths. Standardizing the distance led to the development of a potentially more demanding, yet practical test.

Methods: A cross-sectional study was conducted in geriatric homes and clubs. Subjects who fulfilled inclusion criteria were recruited and selected for further evaluation. The respective parameters like BMI, vitals, MMSE scale for cognition and Falls efficacy scale to rule out the balance issues were obtained. The L test was demonstrated, and the subjects were given a trial before beginning the test. The participants were asked to perform the L test then again after a break of 2 minutes the same test is repeated again to record the best performance time.

Results: Majority of the participants were Males with the total no of 110 out of 200 participants and 90 females. L test value for the age group 60 to 70 years is 19.66 (17.17-23.19).

Conclusion: L test of functional mobility is reliable and valid test that can be used as a good outcome measure to assess the patient's physical performance. We concluded that the reference value for L test in elderly of age group 60 to 70 was found to be 19.76 (17.40-23.50) seconds which provides a standard value for patient performance to be compared.

Keywords: L test, elderly, Functional mobility

