

高齢者における筋力および持久的トレーニングの併用が
下肢の筋機能と骨構造に及ぼす影響
— 虚弱高齢者を対象としたトレーニングプログラムの検討 —

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**Effects of Resistance and Aerobic Training on Lower Extremity Functions
and Ultrasound Bone Measurement in the Elderly:
Low-Intensity Exercise Program for Nursing Home Residents**

by

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ABSTRACT

This study investigated the effectiveness of an 8-week low-intensity resistance and aerobic training on lower extremity muscle function and ultrasound bone measurement in nursing home residents. Two men and 12 women, aged 69-97 years, participated in