

Original Research Paper



Physiotherapy

EFFECTIVENESS OF LOW IMPACT AEROBIC TRAINING VERSUS STRENGTH TRAINING ON IMPROVING AEROBIC CAPACITY IN HYPOTHYROID PATIENTS

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**ABSTRACT**

**Background:** Hypothyroidism does not only bring hormonal imbalances in the patients but also physical changes which in turn affect the functional outcome of the patients. **Purpose:** To evaluate the effectiveness of low impact aerobic training versus strength training on improving aerobic capacity in patients with Hypothyroidism. **Methodology:** Study Design-Experimental, Samples of 30 subjects with hypothyroidism (n=30) from six months or more were included in this study. Subjects were conveniently divided into two groups with 15 subjects in each group. Group A was given Low impact aerobic training and Group B was given Strength training for 3 days in a week for three weeks. The duration of this study was of 6 months. The outcome measures used were 6 Minute Walk Test and Borg scale through which the subjects were assessed pre and post intervention period. **Statistical analysis & Results:** The mean difference in Group A was 3.9867 and Group B was 12.3800 according to 6 MWT. And the mean according to Borg scale in Group A was 2.565 and Group B was 2.739. This shows there is statistical difference in 6 MWT and Borg scale scores between Group A and Group B. **Conclusion:** According to our study both the interventions Low impact aerobic training and strength training showed improvements in aerobic capacity of the subjects but low impact aerobic training in comparison to strength training brought a significant changes in aerobic capacity in Group A participants.

**KEYWORDS :** Low impact aerobic training, Rate of perceived exertion, strength training, hypothyroidism