

The interaction between the state of muscle (strength and proprioception) and the frequency of falling in Hungarian old population

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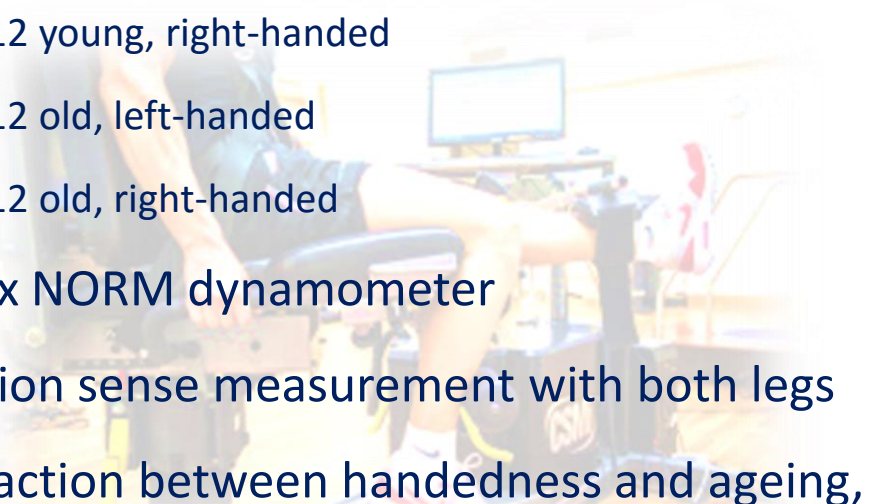
Who We Are

- ✓ Premium fitness center and orthopedic medical private practice
- ✓ The first Hungarian 'medical fitness' conception based gym
 - ✓ Fájdalom Ambulancia – medical practice
 - ✓ F&M fitness and more - fitness center
- ✓ World class biomechanical diagnostic center and orthopedic medical service




Project idea

Project A

- ✓ 48 subjects
 - ✓ 12 young, left-handed
 - ✓ 12 young, right-handed
 - ✓ 12 old, left-handed
 - ✓ 12 old, right-handed
 - ✓ Cybex NORM dynamometer
 - ✓ position sense measurement with both legs
 - ✓ interaction between handedness and ageing, regarding to kinesthetic sense and proprioception
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Project B

- ✓ 48 subjects
 - ✓ 12 usual proprioceptive training
 - ✓ 12 instrumented proprioceptive training
 - ✓ 12 leg strength training
 - ✓ 12 control group
 - ✓ Zebris FDM-T Treadmill
 - ✓ different preventive strategies which could delay the onset of the risks of falling in elderly
 - ✓ both strength training and proprioceptive training would decrease falls in elderly
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Looking for

Consortial partners

- ✓ ICT solutions
- ✓ technical solution
- ✓ road to market

