

# Correlation between Balance and Ankle Range of Motion in Community Dwelling Women Having Fear of Fall Aged 60 to 80 Years

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## Abstract

*Objective:* To study the relationship between balance impairments and changes in ankle range of motion (ROM) in older women who have fear of fall. *Method:* Correlation study was carried out with 100 female subjects aged 60 to 80 years. Fear of fall was measured using short falls efficacy scale (FES), balance using Tinetti Performance Oriented Mobility Assessment (POMA) (balance and gait) test and functional reach test (FRT). Goniometry was used to determine active and passive ROM of ankle joint. *Result:* High significant correlation value was observed for balance measure (FRT & POMA gait subtest) with ankle range of motion (ROM). Significant correlation value was recorded for sagittal plane motion rather than frontal plane motion for FRT (r: 0.55). Correlation value for frontal plane motion was however observed to be significant for POMA gait subtest (r: 0.49). *Conclusion:* Balance impairments can be predicted using ankle ROM impairments in community dwelling women.