



EXERCISE

Sarcopenia Guidelines 2018 - Intervention

BVGG - SBGG



WHY?

To provide an evidence-based overview of the possible exercise interventions for sarcopenia targeting one or more of the three sarcopenia domains (muscle mass, muscle strength or physical performance).



RESISTANCE TRAINING

- ✓ Muscle mass
- ✓ Muscle strength
- ✓ Physical performance



3 meta-analysis (75 st.)
2 systematic review
(24 studies - 100% in favour)



- large muscle group training in a total body approach
- 1-4 sets of 8-15 repetitions during 2-3 training moments a week
- elastic bands can be used effectively at home to improve muscle strength



HOW?

An umbrella review on exercise interventions was performed:

- Population: older adults (65+)
- Intervention: exercise
- Control: non-exposed control
- Outcome: sarcopenia
- Study design: systematic review, meta-analysis
- Quality assessment: AMSTAR checklist



MULTIMODAL EXERCISE

- ✓ Muscle mass
- ✓ Muscle strength
- ✓ Physical performance



3 systematic reviews
(70 studies - >80% in favour)



- can encompass a combination of resistance training, walking, aerobic training, balance training and other types of training



DATA HANDLING

Initial search yielded 665 eligible reviews of which 14 were finally included.

Key characteristics of the reviews, including participants, exercise treatment, outcomes assessed were retrieved.

Recommendations were drafted based on the overall syntheses about the main effect of each intervention.



BLOOD FLOW RESTRICTION

- ✓ Muscle strength



1 meta-analysis (13st.)



- low intensity: 10-30% 1RM



RECOMMENDATION

- We do recommend **resistance training** to improve muscle strength, muscle mass and physical performance for healthy, pre-sarcopenic or sarcopenic older people since evidence shows a significant and positive effect.
 - For maximal strength gains a **high-intensity** resistance training program is recommended, i.e. 70-80% of the maximum weight that a person can lift/move for one repetition (1RM). However, low-intensity resistance training ($\leq 50\%$ 1RM) may be sufficient to induce strength gains.
- We do recommend **multimodal exercise** therapy for healthy, pre-sarcopenic or sarcopenic older people in the prevention or treatment of sarcopenia since data shows significant evidence in favour.
- We do recommend blood flow restriction training (BFR). **Blood flow restriction training** (i.e. muscle resistance training with maintaining arterial blood inflow and restricting the venous blood outflow of the trained muscle) is a relatively novel training method that has a significant positive impact on muscle strength. Low intensity (10-30% 1RM) BFR training has proven to be more effective in increasing muscle strength compared to low intensity training alone. We recommend that this type of training is performed under supervision of a trained exercise coach.