

Changes in the Oswestry Disability Index after a 3-week in-patient multidisciplinary body weight reduction program in adults with obesity.

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The aim of this study was to examine the short-term changes in disability after an inpatient, multidisciplinary body weight reduction program (BWRP) in adults with obesity. A total of 160 individuals (males: 52, females: 108, BMI > 35 kg/m²) hospitalized for a 3-week multidisciplinary BWRP were recruited into the study. Body composition, lower limb muscle power, fatigue severity, and disability were measured at the beginning and end of the intervention by means of bioimpedance analysis, a stair climbing test (SCT), the Fatigue Severity Scale (FSS), and the Oswestry disability index (ODI), respectively. At the end of the 3-week BWRP, an average body weight reduction of 5.0 kg (CI 95% - 5.3; - 4.6, $p < 0.001$) was determined, as well as an improvement in all parameters measured. Clinically meaningful reductions in disability were observed in the moderate disability ($\Delta = - 11.8\%$ CI 95% - 14.3; - 9.3, $p < 0.001$) and severe disability ($\Delta = -15.9\%$ CI 95% - 19.6; - 12.2, $p < 0.001$) groups. Reductions in disability were explained only by improvements in the SCT ($\Delta = - 2.7$ CI 95% - 4.1; - 1.4, $p < 0.001$) and the FSS ($\Delta = - 0.3\%$ CI 95% - 0.4; - 0.1, $p < 0.001$). These findings demonstrate the importance of incorporating approaches into a BWRP that increase lower limb muscle power and decrease fatigue severity and thus reduce disability in adults with obesity.

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