



अखिल भारतीय आयुर्विज्ञान संस्थान
अन्सारी नगर, नई दिल्ली-११००२९ (भारत)
ALL INDIA INSTITUTE OF MEDICAL SCIENCES
ANSARI NAGAR, NEW DELHI - 110029 (INDIA)

दिनांक/ Dated : 25/10/2019

Dear Madam/Sir,

Greetings of the day!

Aging is associated with various health problems which affects your walking speed, muscle strength of your legs and hand, and balance. All these factors are important for you to lead a healthy, active and independent late life.

We from the Dept. of Geriatric Medicine, AIIMS, New Delhi, are conducting a Research project titled "Effect of Smart Nordic Walking Training on Mobility Independence in Community Elderly- A pilot Study" funded by Indian Council of Medical Research. Nordic walking is a new version of walking that is performed with specially designed walking poles/stick. It is one of the best physical activities for senior citizen as it is not associated with any risk or side effects. Previous research work conducted at AIIMS revealed that Nordic walking makes walk easier by reducing load at hip and knee and improve walking speed, hand and legs muscle power, and balance.

So, the present research project is being conducted to observe the effect of smart Nordic Walk on walking speed, strength of hand, and balance of older adults (age 60 years and above). In collaboration with Indian Institute of Technology, we have developed poles and shoes with integrated sensors. This would help us to find out your walking speed, hand strength and balance. In this study you will be performing Smart Nordic Walk, using smart Nordic walking poles and smart shoes (shoes with sensors), under the supervision of physiotherapist.

If you are willing to be a part of this study, you would be brought to the Department of Geriatric Medicine, AIIMS, New Delhi for further assessments and Nordic walk training. Free transportation will be provided for your visit to AIIMS to participate in this study.

The Principle Investigator of this project is Dr. Prasun Chatterjee (Associate Professor, Dept of Geriatric Medicine, AIIMS, New Delhi) and the team comprises of a physiotherapist and a computer programmer.

If you would like to take part in the study, you may either contact us on the given numbers or you may visit our Department.

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