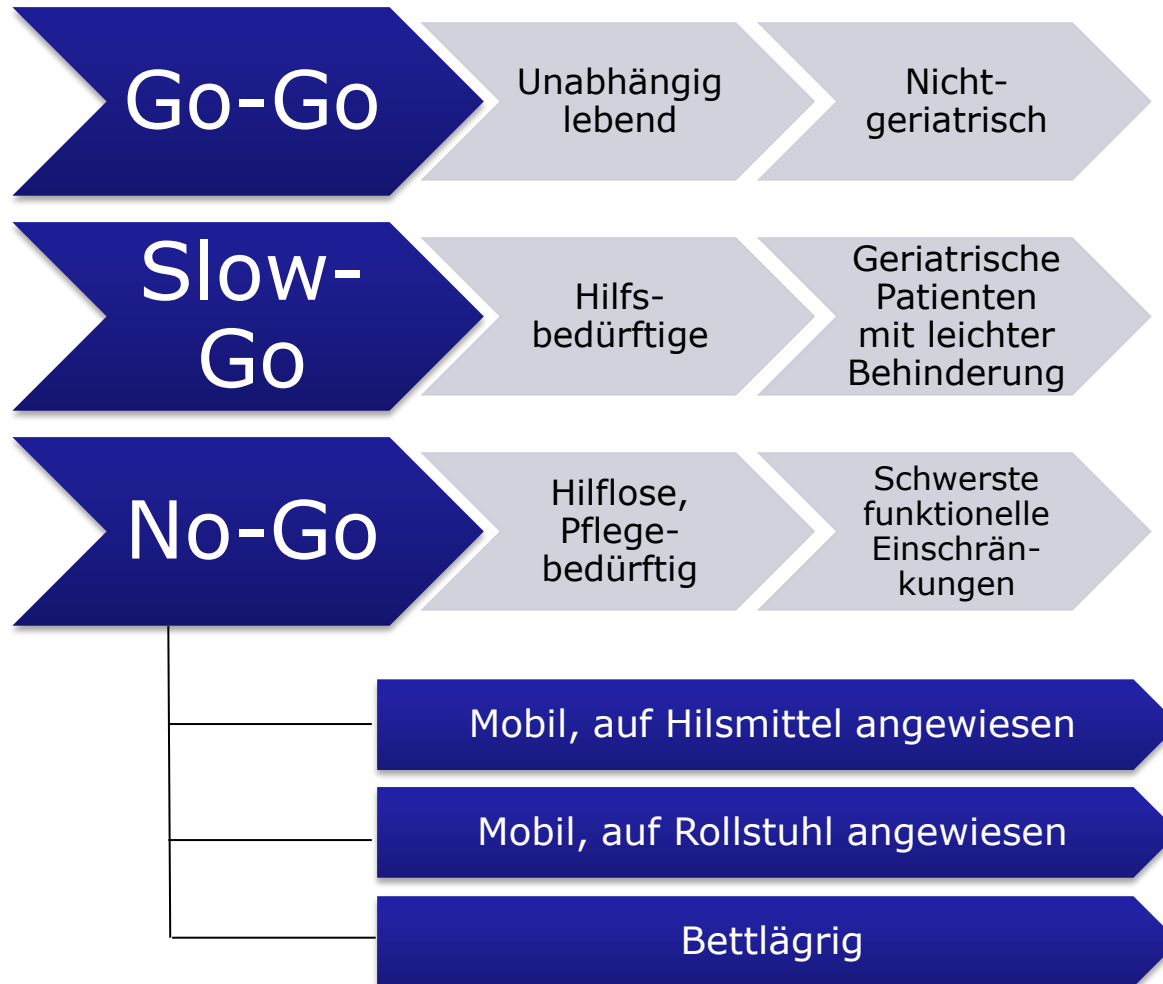
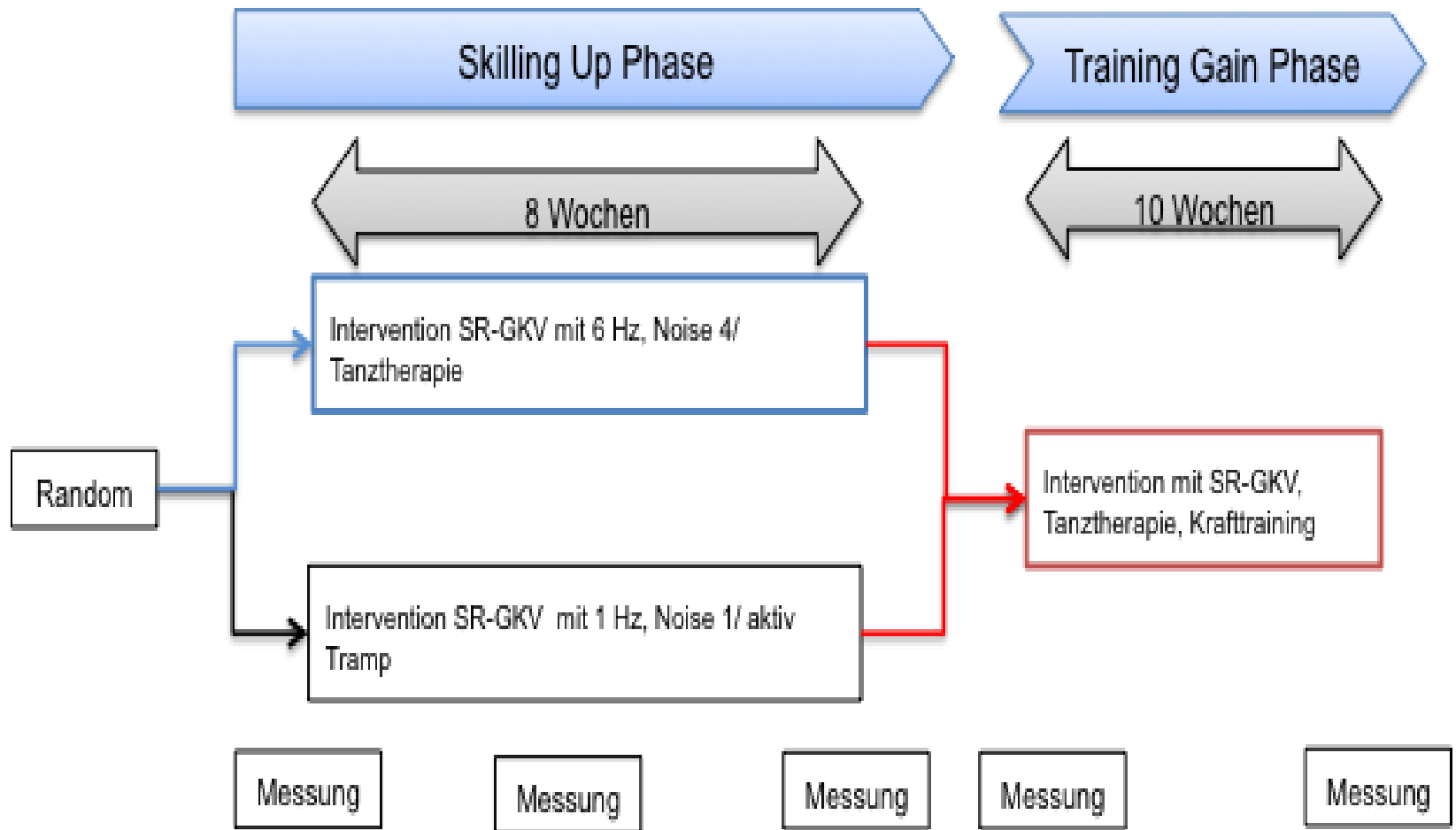


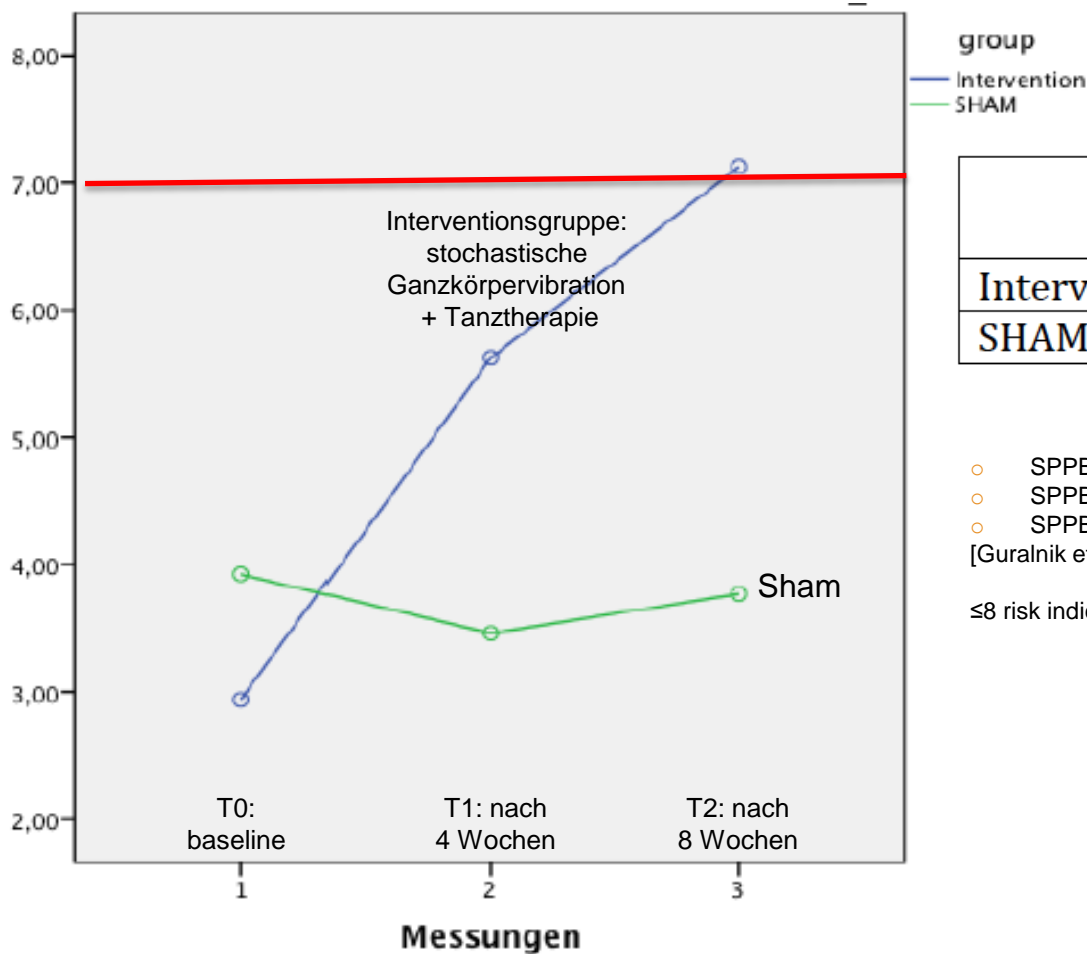
Klassifikation der Funktion



Ablauf



Resultate Short Physical Performance Battery Test

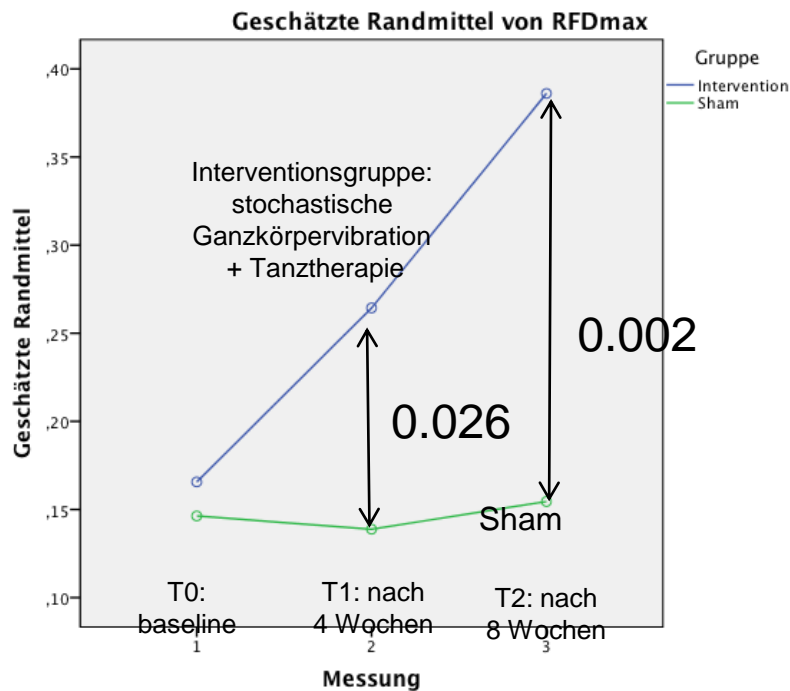


	T1 p-value	T2 p-value
Intervention		
SHAM	0.02	0.002

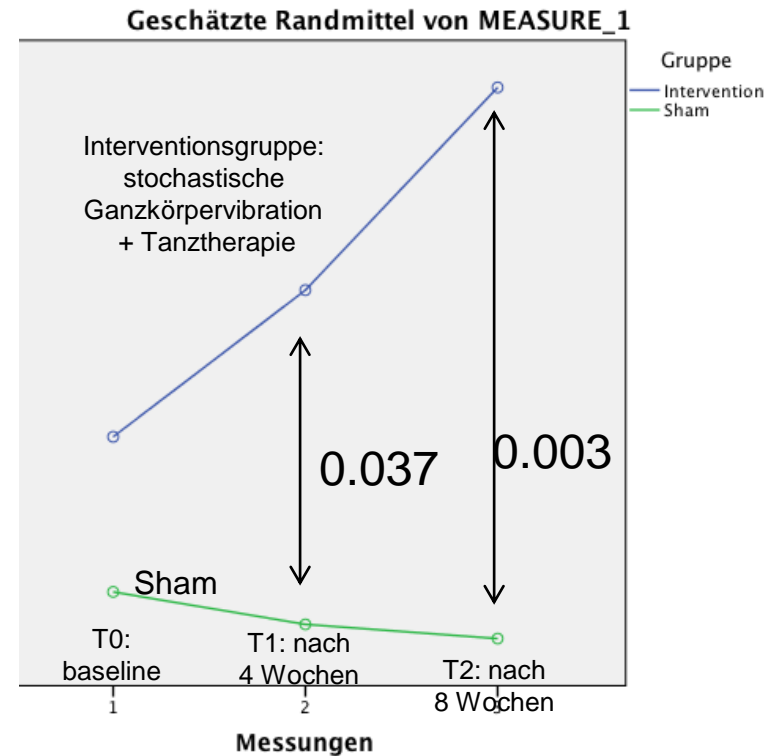
- SPPB 0-6 : Poor performance
 - SPPB 7-10 : Intermediate performance
 - SPPB 11-12 : High Performance
- [Guralnik et al. J. Gerontol. A Biol. Sci. Med. Sci., 2000]

≤8 risk indicator of sarcopenia

Resultate Schnellkraft



M. Quadriceps links



M. Quadriceps rechts