

MODIFIED QIGONG EXERCISE PROGRAM AS A HOME INSTRUCTIONAL MATERIAL FOR BALANCE IMPROVEMENT AMONG REGISTERED PHYSICAL THERAPISTS FOR OLDER ADULTS

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ABSTRACT

The study aimed to assess the acceptability of a modified Qigong exercise program, presented as a home instructional manual, for improving balance among registered physical therapists where the distribution of an educational booklet was a means of providing information that was valued by both patients and doctors. Employing a descriptive research design, the study utilized a questionnaire consisting of a combination of Likert scale and checklist items to gather information from a sample population of 40 registered physical therapists recruited from hospitals and rehabilitation clinics in Santa Rosa, Biñan, and San Pedro, Laguna. Purposive sampling was employed, with respondents selected based on specific inclusion criteria, namely level of acceptability in terms of movement, difficulty, execution, content, balance purpose, and as a home instructional material. The findings provide valuable insights into the perceived effectiveness and feasibility of incorporating modified Qigong exercises into physical therapy practice for enhancing balance. The overall result indicates moderately acceptable acceptability of the Modified Qigong Exercise as a Home Instructional Material for Balance Improvement among Registered Physical Therapists.