




























## Anexos

### Anexo 1.

#### SPPB test. Protocolo y puntuaciones.

### Prueba de Balance

**Pruebas de Balance**

	<p style="text-align: center;"><b>Posición Paralela</b> Pies juntos paralelos por 10 seg</p> <p style="text-align: right;">10 seg (1 pt)</p>	_____ pts
	<p style="text-align: center;"><b>Posición Semi-Tandem</b> El talón de un pie contra el lado del dedo grande del otro pie por 10 seg</p> <p style="text-align: right;">10 seg (+1 pt)</p>	_____ pts
	<p style="text-align: center;"><b>Posición Tandem</b> Pies alineados, el talón con el dedo grande por 10 seg</p> <p style="text-align: right;">10 seg (+2 pt) 3-9.99 seg (+1 pt) &lt;3 seg (+0 pt)</p>	_____ pts

### Puntuación

### Prueba Levantarse de la Silla

	<p style="text-align: center;"><b>Pre-prueba</b> Los participantes doblan sus brazos contra su pecho y tratan de ponerse de pie una vez desde su silla.</p> <p style="text-align: center;">↓ Capaz</p> <p style="text-align: center;"><b>5 repeticiones</b> Mide el tiempo requerido para desarrollar cinco levantadas desde una silla hasta una posición erguida tan rápido como sea posible, sin el uso de sus brazos.</p>	<p style="text-align: center;">No pudo</p> <p style="text-align: center;">-----&gt; Pare (0 pt)</p> <table border="0" style="width: 100%;"> <tr><td>≤11.19 seg</td><td>4 pt</td></tr> <tr><td>11.20-13.69 seg</td><td>3 pt</td></tr> <tr><td>13.70-16.69 seg</td><td>2 pt</td></tr> <tr><td>&gt;16.7 seg</td><td>1 pt</td></tr> <tr><td>&gt; 60 seg o No pudo</td><td>0 pt</td></tr> </table> <p style="text-align: right;">_____ seg _____ pts</p>	≤11.19 seg	4 pt	11.20-13.69 seg	3 pt	13.70-16.69 seg	2 pt	>16.7 seg	1 pt	> 60 seg o No pudo	0 pt
≤11.19 seg	4 pt											
11.20-13.69 seg	3 pt											
13.70-16.69 seg	2 pt											
>16.7 seg	1 pt											
> 60 seg o No pudo	0 pt											

### Velocidad de la Marcha (4 m)

Tiempo total (seg):	Resultado (m/seg)
Si el tiempo es mayor de 13.04 seg	1 pt
Si el tiempo es 9.32 a 13.04 seg	2 pt
Si el tiempo es 7.24 a 9.32 seg	3 pt
Si el tiempo es menor a 7.24 seg	4 pt

\_\_\_\_\_ pts

### Puntaje Global

Balance:	( /4 )
Levantarse Silla:	( /4 )
Velocidad Marcha:	( /4 )
<b>TOTAL:</b>	_____ /12 pts

Anexo 2.

Timed up and go test.



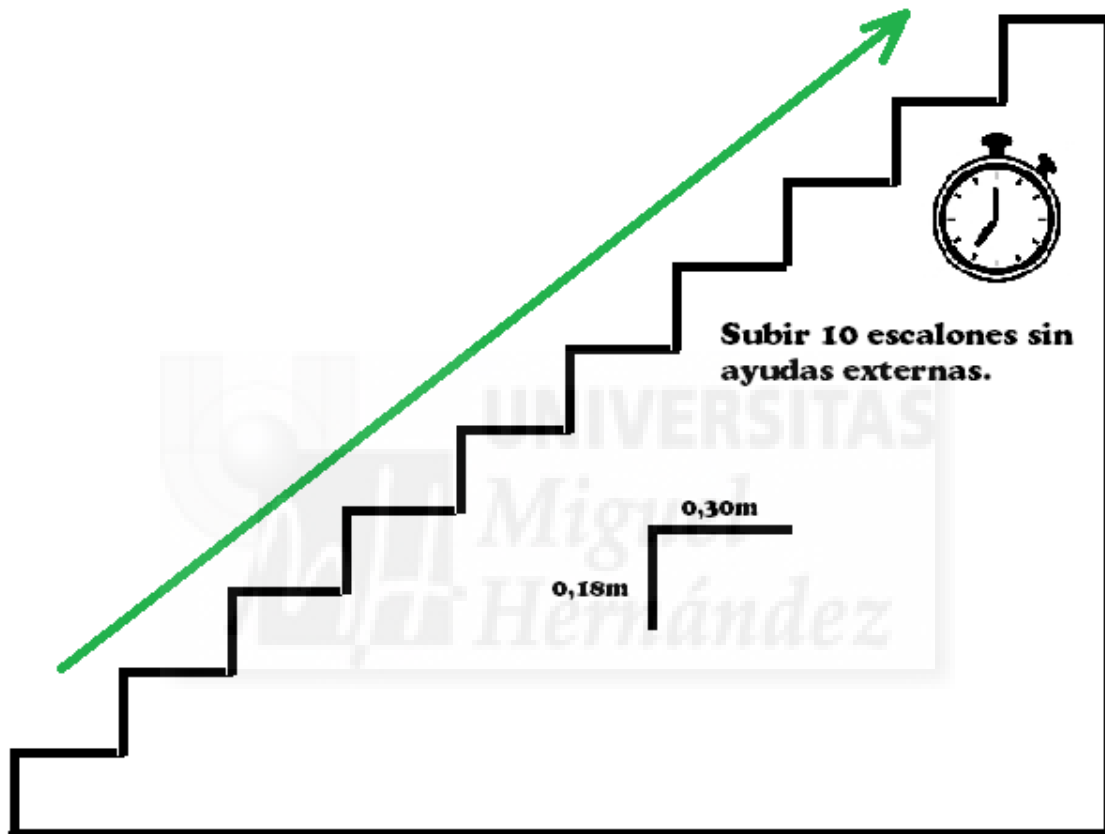
30s sit to stand test.



**Anotar cuántos levantamientos se han completado en 30 segundos**



## 10 Stair Climb test.





### Anexo 3

#### Descripción del entrenamiento InVest.

#### **APPENDIX I: VEST TRAINING PROTOCOL—EXERCISE DESCRIPTIONS**

##### *Weighted chair rise*

- Sit toward front of chair, knees bent, feet flat on floor
- Lean back on chair in half-reclining position, keeping your back and shoulders straight throughout exercise
- Fold arms across your chest
- Raise upper body forward until sitting upright
- Stand up as quickly as possible
- Slowly sit back down
- Repeat nine times
- Rest 30 seconds, and do another set of 10

##### *Triceps dip*

- Sit in chair with armrests
- Lean slightly forward, keep your back and shoulders straight
- Grasp arms of chair, hands should be in line with trunk of body or slightly farther forward
- Tuck feet slightly under chair, heels off the ground, weight on toes and balls of feet
- Quickly push body off of chair using arms, not legs
- Slowly lower back down to starting position, pause
- Repeat nine times
- Rest 30 seconds, and do another set of 10

##### *Toe raises*

- Stand straight, feet flat on floor, in front of gym mirrors, holding onto bar for balance
- Quickly stand on tiptoes, as high as possible
- Slowly lower heels all the way back down, pause
- Repeat nine times
- Rest 30 seconds, and do another set of 10

##### *Dorsiflexion*

- Stand straight, feet flat on floor, in front of gym mirrors, holding onto bar for balance
- Quickly point toes upward as far as you can, bending only at the ankle, knees are straight
- Slowly lower toes back down, pause
- Repeat nine times
- Rest 30 seconds, and do another set of 10



### *Triceps press with bridging*

- Sit in chair with armrests
- Lean slightly forward, keep your back and shoulders straight
- Grasp arms of chair, hands should be in line with trunk of body or slightly farther forward
- Feet are flat on floor, 90-degree bend at the knees
- Quickly push body off the chair, using your arms
- As arms are extended, use legs to lift hips up and forward so that the hips and the shoulders, hips, and knees are in a straight line
- Slowly lower body back into starting position, pause
- Repeat nine times
- Rest 30 seconds, and do another set of 10

### *Back extension*

- Sit toward front of chair, knees bent, feet flat on floor
- Keeping your spine straight, lower your torso, bending from the hips, 45 degrees toward your knees
- Cross one arm over the other at the wrists, this is your starting position
- Quickly sit up straight at the same time, extending both arms up in the air, 45 degrees from vertical, pause
- Slowly lower to starting position and repeat nine times
- Rest 30 seconds, and do another set of 10

### *Unilateral stance*

- Stand with right foot on a 2-in rise (block of wood) with the left foot next to the block, flat on the foot
- Stand with both legs/knees straight so that the hips are uneven, the right hip will be higher than the left
- Quickly straighten the hips so that the left foot come off the floor (both knees still straight), pause
- Slowly, keeping the knee straight, lower the left foot to the floor, causing the left hip to drop, and repeat nine times
- Rest 30 seconds, and do another set of 10





### *Turn and reach/punch*

- Stand with feet shoulder width apart
- With upper arms near your sides, bend at the elbow so that your hands are near your shoulders
- Extend your right arm across the front of your body, to the left
- At the same time, turn your body to the left, pivoting on your feet
- Left foot stays on the floor, but right heel comes up as you turn your hips and torso to the left
- Return to starting position and repeat to the other side
- Repeat for a total of 12 repetitions to each side, alternate left to right

### *Step ups*

- Stand in front of a stair or step/block of similar stair height
- Step up onto the stair with left foot, and tap the right foot onto the stair, and then back onto the floor
- Bring left foot back down to starting position
- Repeat for a total of 12 repetitions, starting with the left foot
- Repeat for 12 repetitions, starting with the right foot

### *Wall push-ups*

- Stand facing a wall so that arms are extended straight out in front of you at shoulder level with palms against the wall and elbows straight
- Slowly bend elbows until your nose is close to the wall
- Quickly extend elbows while returning to the starting position and repeat for a total of 10 repetitions
- As you improve, move feet farther away from the wall so that your body has to travel a greater distance