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## NEWS RELEASE

To members of the press:

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TSUKUI CORPORATION

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# TSUKUI's Research into Day Services Functional Training Receives Encouragement Award from the Congress of Japanese Society of Physical Therapy for Two Years Running

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Presentations on the subject of functional training incorporated into the day services operated by TSUKUI CORPORATION (head office: Yokohama-shi, Kanagawa; President and Representative Director: Hiroshi Tsukui; hereinafter "the Company") have received the Encouragement Award at the Congress of Japanese Society of Physical Therapy (Host: Japanese Physical Therapy Association) for two years running.

### 《Abstract》 49th Congress

"Examination of the effect that movement function has on the transition from the 'condition of needing support' to the 'condition of needing long-term care' —Two-year follow-up study targeting 1,218 people"

Various movement function studies have been undertaken with the aim of contributing to the prevention of long-term care. However, reference values are required to effectively utilize these results.

In this study, functional training instructors, including physical therapists of the Company, conducted a two-year follow-up study of what effect movement function has on the transition from the "condition of needing support" to the "condition of needing long-term care" among 1,218 elderly people in need of support using the day services operated by the Company nationwide from September 2006 to September 2011.

From the results of this study, there was a clear tendency for people in need of support with remarkably lowering of "grip strength" and "TUG\*" (Grip strength: 20 kg or less for men, 11 kg or less for women, TUG: 17.0 sec. or more for men, 19.0 sec. or more for women) being prone to transitioning to the condition of needing long-term care.

\* TUG, short for "Timed Up & Go," is an indicator of the capability of movement. It is the measurement of the time taken to get up from a chair and walk to a mark placed three meters away and then return to the starting point.

### 《Abstract》 48th Congress

"Examination of effect of a lowering of cognitive function on changes in movement function in elderly people in need of long-term care"

Although it is desirable to prevent the lowering of both movement function and cognitive function in elderly people in need of long-term care, there are still many points that remain

unclear concerning what kind of relationship exists between the two functions when changes in a function occurs.

In this study, two groups of the elderly people in need of long-term care using the day services operated by the Company—a group of 737 people with cognitive function in a maintained condition (maintained group) and a group of 591 people with lowering cognitive function (lowering group)—were compared for changes in movement function over a one-year period. It was found that with respect to tests for grip strength, length of time standing on one leg with eyes open, and getting up from and sitting down on a chair, both of the maintained and lowering groups lowered in parallel. On the other hand, with respect to walking speed, while no change over a one-year period was observed in the lowering group, an improved result was observed in the maintained group, which suggests that the maintenance of cognitive function also has an importance for the maintenance of movement function.

Also at the 50th Congress of Japanese Society of Physical Therapy in June 2015 when the award ceremony was held, the Company presented three other subjects: “the effect on change of daily-living functions of elderly people in need of long-term care over a 12-month period by the employment of physical therapists and occupational therapists in day services—analysis by tendency score matching,” “the effect on walking functions after a 12-month period by the placement of physical therapists and occupational therapists in outpatient day long-term care services—examination by tendency score matching,” and “the benefits of movement function studies for the prevention of increased severity of the condition of elderly people in need of support and in need of low-level long-term care—three-year follow-up study targeting 4,959 people.”

As of March 31, 2015, the Company employs 117 physical therapists and 66 occupational therapists, and implements functional training nationwide in its day services and other services. The Company aims to “support daily living at customers’ homes” through “maintaining and improving mental/physical functions and daily-living functions.” To this end, the Company is pushing forward with research that, after evaluating physical function (physical strength measurements) and cognitive function, and building a large database, will enable better predictability of lowering of daily-living functions and increased severity of the condition of needing long-term care.

Believing that day services play an important role in today’s aging society, the Company will continue its initiatives in the provision of functional training so as to improve the value of day services in this role.

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