

# INPLASY PROTOCOL

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**Conflicts of interest:**  
None declared.

## Meta-analysis of the effects of Wuqin Opera on balance dysfunction in the elderly

Wu, YY<sup>1</sup>.

**Review question / Objective:** P:Senior citizens aged 60 and above; I:Wu Qinxi; C:Regular exercise, aerobic training, lower limb strength training; O:Standing test with eyes closed, standing and walking test, Berg Balance scale; S:Randomized controlled trial RCT.

**Condition being studied:** As the global population is entering the aging stage, Wuqin Play is one of the traditional rehabilitation therapies in China. Many studies have reported that Wuqin play can improve the muscle strength, core stability and balance ability of the elderly, and has a significant effect on reducing muscle tone. However, as a traditional skill with a long history, compared with Tai chi and Baduanjin, the conclusion of the influence of Wuqinxi on the balance function of the elderly is not uniform.

**INPLASY registration number:** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 25 March 2023 and was last updated on 25 March 2023 (registration number INPLASY202330099).

### INTRODUCTION

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## METHODS

**Participant or population:** Age  $\geq 60$  years old; Living environment is not limited to community or nursing home.

**Intervention:** The intervention was the Wuqin Play program, a traditional Chinese fitness practice consisting of imitating the animal characteristics of five animals, including the tiger, deer, bear, ape and bird.

**Comparator:** The control group had normal life habits, including the original fitness, lower limb strength training, aerobic training, stretching exercise.

**Study designs to be included:** The literature included was all randomized controlled trials.

**Eligibility criteria:** Duplicate publication of literature; Unable to extract the full text of the literature; Non-randomized controlled trials; Traditional reviews, conference papers; The intervention measures were Wuqinxi combined with other traditional Chinese Qigong exercises.

**Information sources:** CNKI, Wangfang Data, CBM and VIP, PubMed, The Cochrane Library, Web of Science and Embase were searched by computer.

**Main outcome(s):** Wu Qinxu can improve balance dysfunction in the elderly.

**Quality assessment / Risk of bias analysis:** The methodological quality of the included literatures was evaluated using the evaluation criteria of the Cochrane 5.1.0 manual, and the degree of bias of the included literatures was evaluated by funnel plot.

**Strategy of data synthesis:** Revman 5.3 software was used for data analysis.

**Subgroup analysis:** Subgroup analysis was performed for some of the included outcome indicators.

**Sensitivity analysis:** Combined with effect size, sensitivity analysis of outcome indicators with heterogeneity  $> 60\%$  was conducted by eliminating literatures one by one

**Country(ies) involved:** China.

**Keywords:** Wu Qinxu, the elderly, balance function.

### Contributions of each author:

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