# Article information:

IJERPH | Free Full-Text | Analysis of Ankle sEMG on Both Stable and Unstable Surfaces for Elderly and Young Women—A Pilot Study  
<https://www.mdpi.com/1660-4601/16/9/1544>

# Article summary:

1. Falls among elderly people are a major cause of suffering and costs, with one in three people over 65 experiencing at least one fall per year.

2. Ankle muscle activity plays a key role in controlling body balance, particularly on hard surfaces, and can affect the ability to maintain a stable posture on different types of surfaces.

3. sEMG (surface electromyography) can provide important information about muscle activity during different types of activities and may be useful in understanding the influence of body aging on muscle activity.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

该文章是一项关于老年人和年轻女性在稳定和不稳定表面上进行踝部肌肉电图分析的初步研究。文章指出，老年人因身体衰退而容易摔倒，这可能导致严重的伤害、住院甚至死亡，并影响他们的生活质量和独立性。文章认为，踝部肌肉对于保持平衡非常重要，而静态和动态平衡则由前庭系统、视觉信息系统和来自肌肉、关节和肌腱内感受器的本体感觉维持。然而，该文章存在以下问题：

1. 偏见来源：该文章没有提及其他可能导致老年人摔倒的因素，如药物副作用、视力下降、听力下降等。

2. 片面报道：该文章只针对女性进行了研究，并未考虑男性或其他人群。

3. 无根据主张：该文章声称踝部肌肉控制对于保持平衡非常重要，但并未提供足够的证据支持这一主张。

4. 缺失考虑点：该文章没有考虑到不同表面类型（如软垫）对于保持平衡的影响。

5. 主张缺失证据：该文章没有提供足够的证据支持年龄对踝部肌肉活动的影响。

6. 未探索反驳：该文章没有探讨其他可能解释老年人摔倒的因素，如心理因素或社会因素。

7. 宣传内容：该文章似乎在宣传踝部肌肉电图作为预防老年人摔倒的方法，但并未提供足够的证据支持这一观点。

综上所述，该文章存在多个问题，需要更全面地考虑老年人摔倒的原因和预防方法。

# Topics for further research:

* Other factors contributing to falls in older adults
* Gender bias in falls research
* Evidence for the importance of ankle muscle control in balance
* Influence of different surface types on balance
* Age-related changes in ankle muscle activity
* Alternative explanations for falls in older adults

# Report location:

<https://www.fullpicture.app/item/8eae2781afe52acd3107f09d1a76dfae>