The Effect of exercise training on Alzheimer patient with mild to moderate cognitive impairment (systemic review)

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Abstract
Background: Alzheimer's disease (AD) is one of the most prevalent neurological diseases worldwide in our time, and despite its spread there isn't treatment yet discovered. Nonpharmacological interventions may have a role in both the prevention and delay the deterioration of cognitive in for AD such as program of exercises and physical activities. It was therefore the aim of this systematic review to investigate the best exercise training that delay the deterioration of AD from mild to moderate stage of cognitive impairment. Methodology: A systematic review was conducted by use RCT articles Publications between 2015 and 2021 were identified by searching the electronic databases PubMed and Google scholar. In addition to the Journal of the American Geriatrics Society about the effect of aerobic and strengthen exercise on Alzheimer disease with mild to moderate cognitive impairment. Result: This systematic review and analysis is made up of 10 RCT (5 articles strengthening exercise, 5 articles aerobic exercise) with mild to moderate cognitive impairment for AD. Aerobic and resistance Exercises generally it had a positive effects on rate of cognitive decline in AD. Conclusion: Older adults with AD (mild to moderate cognitive impairment) are at high risk of further cognitive decline, along with physical frailty and disability. Aerobic and strengthening exercise have clinically relevant benefits for cognitive function, muscle strength, and aerobic capacity , so in a PT intervention we must combine both exercises (strengthening and aerobic exercise) in the session to get the greatest benefit, in addition to delay the deterioration of cognitive for the brain.