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**Walking with blood flow restriction: Could it help the elderly to get more out of every step?**

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Sarcopenia, the age-related decline in muscle mass and strength/physical function, is thought to have a dramatic impact on public health; at both the patient level (i.e. impairs quality of life) (1) and at the social level (i.e. increasing healthcare costs) (2). According to the World Health Organization, the number of people around the world 60 years or older is expected to increase from approximately 600 million in the year 2000 to 1.2 billion by 2025 and reach 2 billion by 2050. Depending on the literature used for defining sarcopenia, the prevalence ranges from 5 to 13% in persons between the ages of 60 and 70, while the prevalence in persons over 80 years of age is reported to be between 11 and 50% (3). One important strategy that may help mitigate the effects of sarcopenia is to maintain a physically active lifestyle, as physical inactivity may facilitate the loss of both skeletal muscle mass and function. A study reported that the older adults who walked at least 7000 to 8000 steps/day and/or spend 15-20 min/day (weekly 105-140

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