**Table 1.** The demographic characteristics of participants in both groups (Mean ± SD).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Experimental group (n=23)** | **Control group**  **(n=22)** | **F value** | **P value☼** |
| **Age (year)** | 68.09 ± 3.58 | 67.68 ± 2.5 | 0.19 | 0.66 ٭٭ |
| **Height (m)** | 1.6 ± 0.03 | 1.61 ± 0.02 | 0.84 | 0.37٭٭ |
| **Weight (kg)** | 75.87 ± 7.28 | 78.27 ± 6.73 | 1.32 | 0.26 ٭٭ |
| **BMI (Kg/m2)** | 29.59 ± 2.75 | 30.28 ± 2.92 | 0.67 | 0.42 ٭٭ |
| **Diabetes Duration (year)** | 14.22 ± 1.93 | 14.96 ± 2.03 | 1.56 | 0.22 ٭٭ |
| **FBG (ml/L)** | 168.43 ± 8.12 | 166.68 ± 6.99 | 0.6 | 0.44 ٭٭ |
| **HbA1c (%)** | 8.22 ± 0.47 | 8.17 ± 0.43 | 0.11 | 0.74٭٭ |
| **Resting heart rate (beat/min)** | 74.74 ± 3.96 | 73.86 ± 4.96 | 0.43 | 0.52٭٭ |
| **Systolic blood pressure (mmHg)** | 140.78 ± 4.01 | 140.41 ± 3.67 | 0.11 | 0.75٭٭ |
| **Diastolic blood pressure (mmHg)** | 85.26 ± 1.96 | 85.27 ± 1.78 | 0.01 | 0.98٭٭ |

☼= Level of significance at P<0.05, ٭ = significant, ٭٭ = non-significant, **BMI:** body mass index, **HbA1c**: glycosylated hemoglobin %, **FBG**: fasting blood glucose.

**Table 2:** Pre and post-treatment mean values of gait parameters within each group and between groups.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Variables** | | **Experimental group** | **Control group** | **F value** | **P value☼** | |
| **Step length (cm)** | **Pre** | 52.04±1.58 | 51.59**±**1.94 | 0.74 | 0.395\*\* | |
| **Post** | 61.30**±**2.53 | 56.14**±**1.61 | 66.07 | <0.0001\* | |
| **T value** | -27.67 | -12.27 |  | | |
| **P value** | <0.0001\* | <0.0001\* |
| **Step time (sec)** | **Pre** | 0.63**±**0.03 | 0.62**±**0.03 | 0.65 | 0.423\*\* | |
| **Post** | 0.49**±**0.02 | 0.55**±**0.04 | 38.79 | <0.0001\* | |
| **T value** | 29.48 | 15.45 |  | | |
| **P value** | <0.0001\* | <0.0001\* |
| **Double support time (sec)** | **Pre** | 0.33**±**0.02 | 0.32**±**0.03 | 1.07 | 0.305\*\* | |
| **Post** | 0.25**±**0.28 | 0.29**±**0.03 | 20.89 | <0.0001\* | |
| **T value** | 19.91 | 14.02 |  | | |
| **P value** | <0.0001\* | <0.0001\* |
| **Velocity (cm/sec)** | **Pre** | 71.61**±**2.93 | 70.90**±**2.76 | 0.68 | | 0.415\*\* |
| **Post** | 83.09**±**3.68 | 75.73**±**3.49 | 47.26 | | <0.0001\* |
| **T value** | -33.41 | -12.09 |  | | |
| **P value** | <0.0001\* | <0.0001\* |
| **Cadence (steps/min)** | **Pre** | 83.87**±**6.76 | 82.73**±**5.79 | 0.37 | | 0.547\*\* |
| **Post** | 99.78**±**7.37 | 88.14**±**6.28 | 32.43 | | <0.0001\* |
| **T value** | -24.48 | -8.83 |  | | |
| **P value** | <0.0001\* | <0.0001\* |

☼= Level of significance at P<0.05, ٭ = Significant, ٭٭ = Non-significant

**Table 3:** Pre and post-treatment mean values of postural stability indices within each group and between groups.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variables** | | **Experimental group** | **Control group** | **F value** | **P value☼** |
| **Antero-posterior**  **Stability Index**  **(API)** | **Pre** | 0.57±0.17 | 0.62**±**0.14 | 1.36 | 0.251\*\* |
| **Post** | 0.23**±**0.01 | 0.55**±**0.10 | 211.9 | <0.0001\* |
| **T value** | 9.49 | 5.01 |  | |
| **P value** | <0.0001\* | <0.0001\* |
| **Medio-lateral**  **Stability Index**  **(MLI)** | **Pre** | 0.28±0.09 | 0.34**±**0.12 | 3.17 | 0.082\*\* |
| **Post** | 0.14**±**0.04 | 0.31**±**0.10 | 49.35 | <0.0001\* |
| **T value** | 9.46 | 4.41 |  | |
| **P value** | <0.0001\* | =0.0002\* |
| **Overall**  **Stability Index**  **(OSI)** | **Pre** | 0.65**±**0.23 | 0.75**±**0.16 | 2.79 | 0.102\*\* |
| **Post** | 0.32**±**0.08 | 0.70**±**0.15 | 102.6 | <0.0001\* |
| **T value** | 9.44 | 10.09 |  | |
| **P value** | <0.0001\* | <0.0001\* |

☼= Level of significance at P<0.05, ٭ = Significant, ٭٭ = Non-significant