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**Original article**

**Balance performance: Gender differences in Indian elderly**

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**Abstract:**

Need of study: There are mixed reviews about whether gender has any influence on balance abilities in elderly hence, this study was planned to analyse effect of gender on static, dynamic and functional balance in elderly.

Purpose: To study effect of gender on balance performance in healthy elderly

Method: 550 healthy male and female elderly were assessed using Forward reach test(FRT), Timed up and go test(TUG),Berg balance scale( BBS). The data was analysed using unpaired t test.

Result: There was no significant difference in balance scores for any of the outcome measures in male and female elderly .

Conclusion: Balance abilities are not influenced by gender in elderly.

Keywords: balance, elderly, confidence