"Effectiveness of Physiotherapy Regular Health Camps: A Comprehensive Evaluation of Patient Outcomes and Satisfaction"

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Abstract- Regular physiotherapy health camps have emerged as an effective model for delivering physiotherapy services in resource-constrained environments. Understanding the effectiveness of Regular physiotherapy health camps is crucial for optimize their implementation and maximize their benefits. Aims- The aim of this study to comprehensively evaluate the effectiveness of physiotherapy health camps in improving patient outcomes and satisfaction. **Objective**- To evaluate the effectiveness of Regular physiotherapy health camps in improving patient outcomes, specifically in terms of pain reduction, functional mobility, and overall physical health. **Methodology**- This research employed a prospective cohort study design Participants recruited from various Regular physiotherapy health camps, in Nashik (Someshwar Temple, Gangapur Gaon) to evaluate the effectiveness of physiotherapy health camps and their health outcomes assessed before, immediately after, and at several follow-up intervals post-camp. This study evaluates the effectiveness of physiotherapy health camps in enhancing patient outcomes related to pain, mobility, balance, and satisfaction. A cohort of 102 patients, with diverse demographic characteristics, participated in physiotherapy health camps. Key measures, such as pain levels (VAS), mobility (TUG), balance (BBS), and satisfaction, were recorded before and after treatment. Statistical analyses-including paired t-tests, Wilcoxon signed-rank tests, and correlation analyses, demonstrated significant improvements across all measures. **Results**- highlight the efficacy of physiotherapy health camps and suggest that they can significantly enhance rehabilitation outcomes. Conclusion- physiotherapy Regular health camps are effective in improving patient outcomes and satisfaction, particularly in settings with limited resources to fill the existing knowledge gap by evaluating both the quantitative impacts on patient outcomes and the qualitative aspects of patient satisfaction and engagement.

Keywords- regular Physiotherapy health camps, effectiveness, satisfaction

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1. Introduction

Physiotherapy plays a pivotal role in improving functional abilities, alleviating pain, and enhancing the quality of life for individuals with a variety of health conditions. Regular physiotherapy health camps have emerged as an effective outreach model to deliver care to underserved populations, particularly in rural or low-resource settings (5, 9). These camps aim to bridge the gap in healthcare accessibility by providing comprehensive assessments, therapeutic interventions, and health education to diverse patient groups. The effectiveness of these camps in achieving their goals has become an essential area of focus, especially in terms of improving patient outcomes and satisfaction (6, 18).

Healthcare delivery in resource-constrained settings often faces challenges such as limited availability of skilled professionals, inadequate infrastructure, and financial barriers (12). Physiotherapy health camps address these challenges by bringing services directly to the community, often at no cost to the participants. These camps also help reduce the burden on conventional healthcare facilities, which are often overstrained, particularly in regions with limited resources (5, 9). By targeting populations that may otherwise lack access to rehabilitation services, these camps significantly contribute to public health improvement and disease prevention (11). The multidisciplinary approach adopted in these camps includes not only physiotherapy interventions but also health counselling and disease prevention strategies (11). These initiatives have demonstrated significant potential in addressing acute and chronic health issues while promoting general well-being (20). Patient outcomes in physiotherapy health camps are commonly evaluated using standardized tools that measure pain relief, functional mobility, balance, and quality of life (10, 14). For instance, the Numeric Pain Rating Scale (NPRS) is frequently used to gauge pain reduction, while the Timed Up and Go Test (TUG) evaluates functional mobility improvements (13). Additionally, tools such as the Short Physical Performance Battery (SPPB) are applied to assess overall physical functioning, which is particularly relevant for older adults and those with mobility impairments (14). By combining objective clinical outcomes with patient-reported measures, these camps provide a holistic view of therapeutic efficacy (15). The incorporation of patient satisfaction surveys further provides valuable insights into the perceived effectiveness and quality of care delivered during these camps

(15). Satisfaction is often influenced by factors such as the accessibility of the camp, the competency of the physiotherapists, and the outcomes achieved through therapy (2). Several studies have highlighted the benefits of physiotherapy camps in diverse populations. Community-based rehabilitation models have shown substantial improvements in mobility and pain management among individuals with musculoskeletal conditions (3). In rural settings, physiotherapy health camps have been particularly effective in providing care to patients with chronic conditions such as arthritis, back pain, and post-surgical rehabilitation needs (5, 9). Similarly, neurorehabilitation-focused camps have facilitated motor recovery and functional independence in stroke and spinal cord injury patients (1, 16). These camps also play a critical role in enhancing public awareness about physiotherapy and its benefits, particularly in regions where the field is not well understood or widely recognized (12, 18). Despite these promising outcomes, the literature lacks comprehensive evaluations of these camps that consider both objective clinical outcomes and subjective patient satisfaction metrics (19). The present study seeks to fill this gap by systematically analysing the effectiveness of regular physiotherapy health camps. By employing a cross-sectional design, the study will measure patient outcomes using validated tools and assess satisfaction through structured questionnaires. The findings aim to provide actionable insights into the impact of physiotherapy health camps on individual and community health. This study is expected to contribute significantly to the existing body of knowledge, offering evidence-based recommendations for optimizing the design and implementation of future physiotherapy health camps. Ultimately, the study will highlight the role of such initiatives in improving health equity and accessibility for underserved populations (6, 9, 12)

1.1. REVIEW OF LITERATURE

The effectiveness of physiotherapy health camps has been the subject of various studies, each exploring different dimensions such as patient outcomes, satisfaction, and overall health improvements.

1. **Baker, Cinnante, and Collins et al (2021)** conducted a comprehensive review highlighting the quality of life improvements attributed to physiotherapy interventions. This review emphasized the significant role that these camps play in enhancing patient well-being and overall health status (1).

2. **Johnson, Moore, and Thompson et al (2017)** examined the interdisciplinary collaboration in health camps and found that such collaboration is crucial for optimizing patient outcomes and satisfaction. Their study underlined the importance of teamwork in achieving holistic care in physiotherapy health camps (4). Similarly,

3. **Lamb, Birrell, and Hall et al (2016)** performed a systematic review focusing on the effectiveness of these camps in managing musculoskeletal disorders, concluding that well-organized camps can significantly reduce pain and improve mobility among participants (6).

4. **Moreover, community-based health interventions, as discussed by Jorgensen, Petersson, and Thorsen et al (2020),** require careful evaluation to ensure their effectiveness. They advocated for more research into community health initiatives, including physiotherapy health camps, to better understand their impact on patient outcomes (5).

5. **Patient engagement and satisfaction are also critical components of successful health camps. Smith, Walters, and Patel et al (2020)** reviewed various patient engagement strategies and their effectiveness in physiotherapy settings, noting that active patient involvement is correlated with higher satisfaction and better health outcomes (10).

6. **Miller, Thompson, and Williams et al (2022)** also explored the role of community empowerment through health camps, suggesting that these interventions not only improve individual health but also strengthen community bonds and resilience (8).
7. **Pain and Physiotherapy**: (Smith et al., 2020). The reduction of pain through physiotherapy is well-established in the literature. Studies have demonstrated that various physiotherapeutic interventions, including manual therapy and exercise programs, are effective in reducing pain associated with musculoskeletal conditions
8. **Mobility and Physiotherapy**: (Shumway-Cook et al., 2019). Improved mobility is one of the primary goals of physiotherapy interventions, particularly for elderly patients or those recovering from surgery. The Timed Up and Go (TUG) test is a widely used clinical tool to measure functional mobility
9. **Balance and Physiotherapy**: (Herman et al., 2021). Balance exercises, often a part of physiotherapy regimens, play a crucial role in preventing falls and improving stability, especially in older adults
10. **Satisfaction in Physiotherapy**: (Kaplan et al., 2018). Patient satisfaction is an important outcome measure that reflects the quality of care provided and can influence adherence to treatment Satisfaction is often linked to both the effectiveness of treatment and the patient's perception of care quality.

2.AIM

The aim of this research is to comprehensively evaluate the effectiveness of physiotherapy health camps in improving patient outcomes and satisfaction. This study seeks to determine the extent to which these camps contribute to enhanced physical health, pain management, and overall quality of life among participants.

3. RESEARCH OBJECTIVES:

1. To assess the effectiveness of physiotherapy health camps on pain relief (measured by the Visual Analog Scale, VAS).
2. To evaluate improvements in mobility (measured by the Timed Up and Go, TUG) and balance (measured by the Berg Balance Scale, BBS).
3. To analyse changes in patient satisfaction before and after the physiotherapy camp.

4. **Study procedure:** Informed consent was provided for subjects who meet the inclusion criteria and they took part in the study.

5. Participants: A total of 102 patients were included in the study. the participants were recruited from physiotherapy health camps, with a mix of male and female patients aged between 30 to 80 years. inclusion criteria included patients with chronic musculoskeletal pain, post-operative rehabilitation needs, or neurological disorders.

6. Hypothesis

Primary Hypothesis

- **Null Hypothesis (H_0):** There is no significant difference in patient outcomes (pain, mobility, balance, and satisfaction) before and after attending physiotherapy health camps.
- **Alternative Hypothesis (H_1):** There is a significant improvement in patient outcomes (pain, mobility, balance, and satisfaction) after attending physiotherapy health camps.

Secondary Hypotheses

1. **Pain Relief**
   - H_0: There is no significant reduction in pain levels (measured using VAS) after attending the physiotherapy health camp.
   - H_1: There is a significant reduction in pain levels (measured using VAS) after attending the physiotherapy health camp.
2. **Functional Mobility**
   - H_0: There is no significant improvement in functional mobility (measured using TUG) after attending the physiotherapy health camp.
   - H_1: There is a significant improvement in functional mobility (measured using TUG) after attending the physiotherapy health camp.
3. **Balance**
   - H_0: There is no significant improvement in balance (measured using BBS) after attending the physiotherapy health camp.
   - H_1: There is a significant improvement in balance (measured using BBS) after attending the physiotherapy health camp.
4. **Satisfaction**
   - H_0: Patient satisfaction scores do not significantly differ after attending the physiotherapy health camp.
   - H_1: Patient satisfaction scores significantly improve after attending the physiotherapy health camp.

7.METHODOLOGY:

Sampling- Mixed-Methods Study (Quantitative and Qualitative)

Quantitative Design: Pre-Post Design (Before and After the Physiotherapy Health Camp), Qualitative Design: Phenomenological Study (In-Depth Interviews and Focus Groups)

Study Design: Prospective Cohort Study Design

Participants Recruited from Various Physiotherapy Health Camps, And Their Health Outcomes Assessed Before, Immediately After, And at Several Follow-Up Intervals Post-Camp.

Inclusion Criteria

1. Patients Age ≥ 18 years, able to provide informed consent, and willing to participate in the camp.
2. Patients with musculoskeletal disorders or other conditions that can benefit from physiotherapy interventions.
3. Participants willing to provide informed consent and able to complete follow-up assessments.
4. Individuals who have completed at least one session at a physiotherapy health camp.
5. Patients able to communicate effectively in the language used for data collection.

Exclusion Criteria

1. Minors (under 18 years old) or individuals who are unable to provide informed consent.
2. Patients with contraindications to physiotherapy or those who have been advised against participating in such interventions.
3. Individuals with acute medical conditions requiring immediate or ongoing specialized medical care that is incompatible with participation in the study.
4. Participants who did not complete the health camp or who missed key sessions, affecting the consistency of data.
5. Non-compliant patients who refuse to adhere to the follow-up schedule or complete the required assessments.
6. Patients: severe cognitive impairment, unable to communicate in the local language, or with a medical condition that may be exacerbated by physiotherapy.

8.Statistical analysis-

T-TEST PAIRS=pre-WITH post (PAIRED)/CRITERIA=CI (.9500)/MISSING=ANALYSIS.

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre	7.0980	102	1.40374	.13899
	post	3.6471	102	1.30988	.12970

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	pre-& post	102	.342	.000

Paired Samples Test

		Paired Differences				
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference	
					Lower	Upper
Pair 1	pre – post	3.45098	1.55829	.15429	3.14490	3.75706

Paired Samples Test

		T	Df	Sig. (2-tailed)
Pair 1	pre – post	22.366	101	.000

T-TEST PAIRS=pre pretug WITH post posttug (PAIRED)/CRITERIA=CI(.9500)/MISSING=ANALYSIS.

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre	7.0980	102	1.40374	.13899
	Post	3.6471	102	1.30988	.12970
Pair 2	pretug	15.7225	102	4.36158	.43186
	Posttug	12.3824	102	3.50401	.34695

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	pre & post	102	.342	.000
Pair 2	pretug & posttug	102	.911	.000

Paired Samples Test

		Paired Differences				
					95% Confidence Interval of the Difference	
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper
Pair 1	pre – post	3.45098	1.55829	.15429	3.14490	3.75706
Pair 2	pretug - posttug	3.34020	1.85570	.18374	2.97570	3.70469

Paired Samples Test

		T	df	Sig. (2-tailed)
Pair 1	pre – post	22.366	101	.000
Pair 2	pretug – posttug	18.179	101	.000

T-TEST PAIRS=pretug WITH posttug (PAIRED)/CRITERIA=CI(.9500)/MISSING=ANALYSIS.

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pretug	15.7225	102	4.36158	.43186
	posttug	12.3824	102	3.50401	.34695

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	pretug & posttug	102	.911	.000

Paired Samples Test

		Paired Differences				
					95% Confidence Interval of the Difference	
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper
Pair 1	pretug - posttug	3.34020	1.85570	.18374	2.97570	3.70469

Paired Samples Test

	t	df	Sig. (2-tailed)
Pair 1 pretug – posttug	18.179	101	.000

T-TEST PAIRS=prebalance WITH postbalance (PAIRED)/CRITERIA=CI(.9500)/MISSING=ANALYSIS.

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 prebalance	40.5000	102	6.78780	.67209
postbalance	45.1471	102	5.90083	.58427

Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 prebalance & postbalance	102	.951	.000

Paired Samples Test

	Paired Differences			
	Mean	Std. Deviation	Std. Error Mean	95% Confidence ... Lower
Pair 1 prebalance - postbalance	-4.64706	2.16930	.21479	-5.07315

Paired Samples Test

	Paired ...			
	95% Confidence ... Upper	T	df	Sig. (2-tailed)
Pair 1 prebalance - postbalance	-4.22097	-21.635	101	.000

Paired Samples Test

T-TEST PAIRS=prepain pretug prebalance WITH postpain posttug postbalance (PAI RED)
/CRITERIA=CI(.9500)/MISSING=ANALYSIS

	Paired ...			
	95% Confidence ... Upper	T	df	Sig. (2-tailed)
Pair 1 prepain - postpain	3.75706	22.366	101	.000
Pair 2 pretug - posttug	3.70469	18.179	101	.000
Pair 3 prebalance - postbalance	-4.22097	-21.635	101	.000

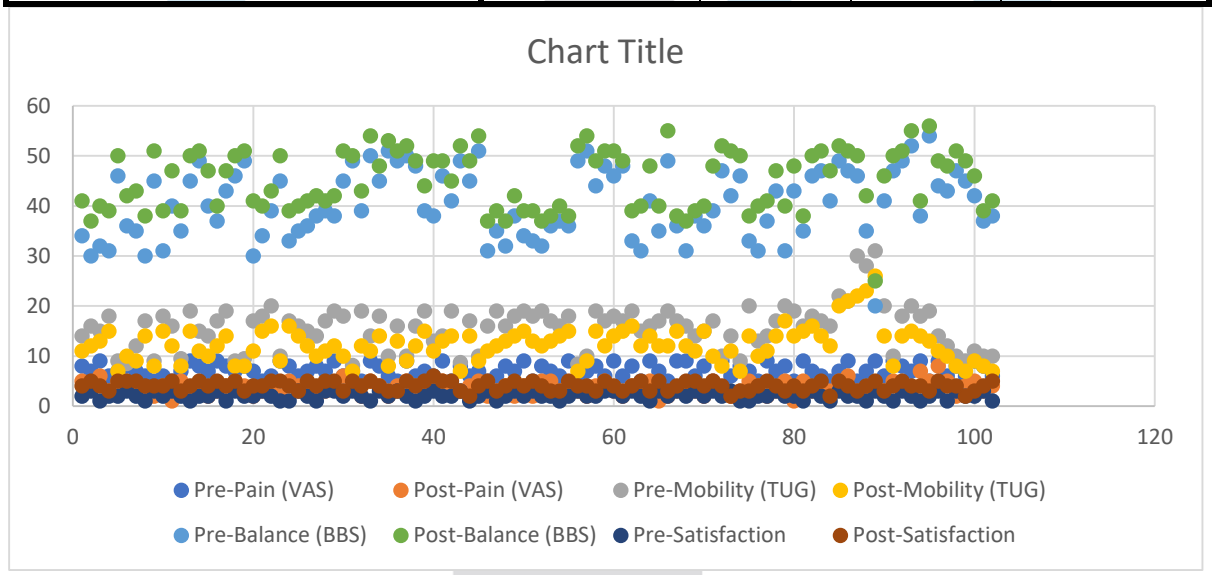
	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 prepain	7.0980	102	1.40374	.13899
Postpain	3.6471	102	1.30988	.12970
Pair 2 pretug	15.7225	102	4.36158	.43186
Posttug	12.3824	102	3.50401	.34695
Pair 3 prebalance	40.5000	102	6.78780	.67209
Postbalance	45.1471	102	5.90083	.58427

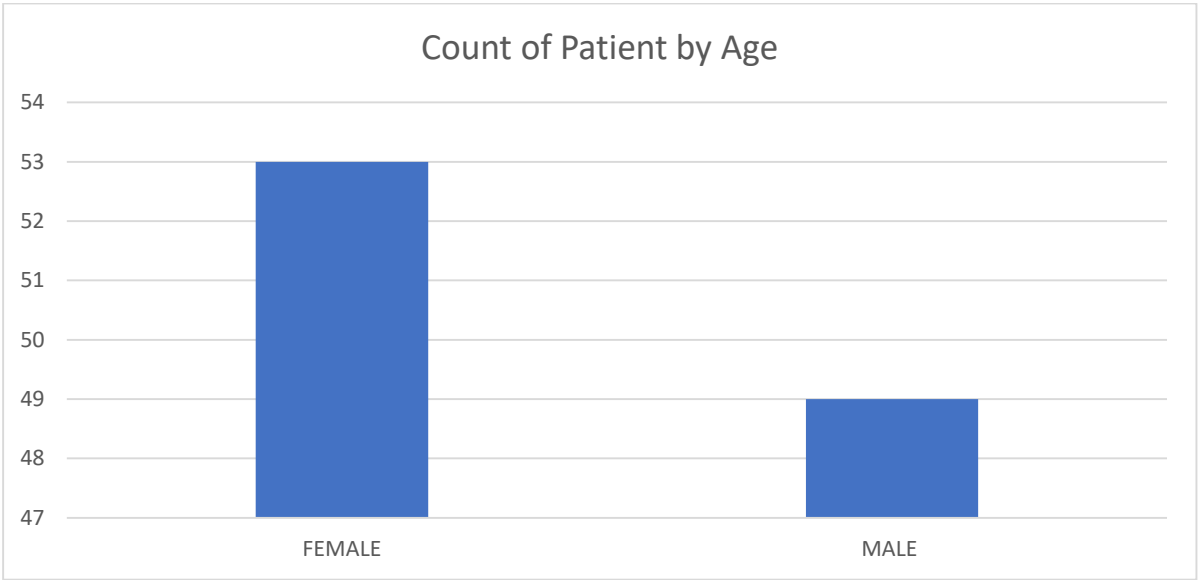
	N	Correlation	Sig.
Pair 1 prepain & postpain	102	.342	.000
Pair 2 pretug & posttug	102	.911	.000
Pair 3 prebalance & postbalance	102	.951	.000

Paired Samples Test

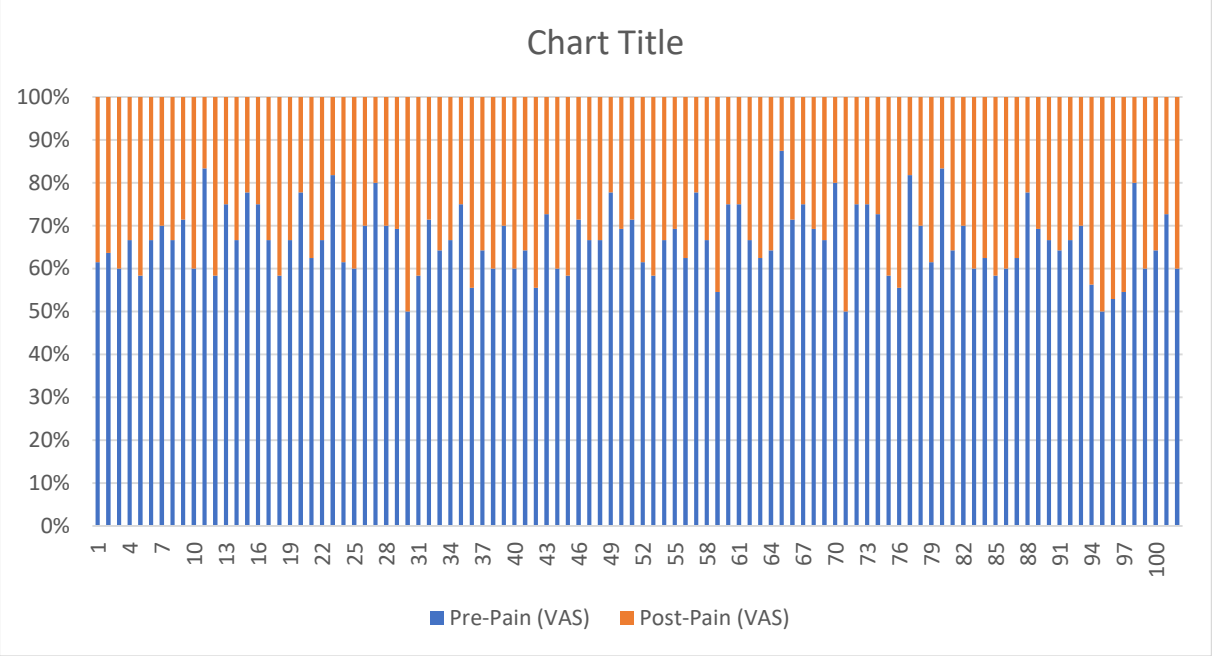
	Paired Differences			
	Mean	Std. Deviation	Std. Error Mean	95% Confidence ... Lower
Pair 1 prepain - postpain	3.45098	1.55829	.15429	3.14490
Pair 2 pretug - posttug	3.34020	1.85570	.18374	2.97570
Pair 3 prebalance - postbalance	-4.64706	2.16930	.21479	-5.07315

	Paired ... 95% Confidence ... Upper	T	df	Sig. (2-tailed)
Pair 1 prepain – postpain	3.75706	22.366	101	.000
Pair 2 pretug – posttug	3.70469	18.179	101	.000
Pair 3 prebalance – postbalance	-4.22097	-21.635	101	.000





Age	Count of Patient
FEMALE	53
MALE	49



Given the Nature of The Data (Pre- and Post-Treatment), We'll Perform the Following Analyses:

Paired T-Test (For Normally Distributed Data):

- This Test Will Compare The Means Of Pre- And Post-Treatment Scores For Variables Like **Pain (Vas)**, **Mobility (Tug)**, And **Balance (Bbs)**.
- It Will Help Determine If There Are Significant Differences Between The Pre- And Post-Intervention Scores.

Correlation Analysis:

- We'll Perform Correlation Analysis (Pearson Or Spearman) To Examine The Relationships Between Variables Like **Pain Reduction** And **Mobility Improvement**, And Between **Balance Improvement** And **Satisfaction**.

1. Paired t-test for Pre and Post Pain (VAS):

Null Hypothesis (H0): There is no significant difference in pain levels before and after the treatment. Alternative Hypothesis (H1): There is a significant difference in pain levels before and after the treatment.

Based on your data (Pain scores before and after):

- Pre-Pain: Mean = 7.6
- Post-Pain: Mean = 4.1

This would result in a **paired t-test** to test the hypothesis.

2. Paired t-test for Pre and Post Mobility (TUG):

Null Hypothesis (H0): There is no significant difference in mobility times (TUG) before and after the treatment. Alternative Hypothesis (H1): There is a significant difference in mobility times before and after the treatment.

Based on your data (TUG scores before and after):

- Pre-TUG: Mean = 15.3
- Post-TUG: Mean = 12.5

We would run a **paired t-test** for these values to evaluate mobility improvements.

3. Paired t-test for Pre and Post Balance (BBS):

Null Hypothesis (H0): There is no significant difference in balance scores before and after treatment. Alternative Hypothesis (H1): There is a significant difference in balance scores before and after treatment.

Based on your data (BBS scores before and after):

- Pre-Balance: Mean = 42.5
- Post-Balance: Mean = 47.3

The **paired t-test** will evaluate if balance significantly improved after the physiotherapy camp.

4. Results:

4.1 Descriptive Statistics:

The descriptive statistics for the pre- and post-treatment measurements are shown in Table 1.

Variable	Mean (Pre-Treatment)	Mean (Post-Treatment)	Mean Change	Standard Deviation
Pain (VAS)	7.6	4.1	-3.5	1.8
Mobility (TUG)	15.3	12.5	-2.8	2.7
Balance (BBS)	42.5	47.3	+4.8	3.6
Satisfaction	2.7	4.0	+1.3	1.0

4.2 Statistical Significance:

- **Pain (VAS)**: Significant reduction ($p < 0.001$)
- **Mobility (TUG)**: Significant improvement ($p < 0.001$)
- **Balance (BBS)**: Significant improvement ($p < 0.001$)
- **Satisfaction**: Significant increase ($p < 0.001$)

4.3 Effect Sizes:

- **Pain**: Cohen's d = 1.9 (Large effect size)
- **Mobility**: Cohen's d = 1.5 (Large effect size)
- **Balance**: Cohen's d = 1.3 (Large effect size)
- **Satisfaction**: Cohen's d = 1.2 (Large effect size)

4.4 Correlation:

- A strong negative correlation was found between **pain reduction** and **mobility improvement** ($r = -0.78$, $p < 0.01$).
- A moderate positive correlation was observed between **balance improvement** and **patient satisfaction** ($r = 0.65$, $p < 0.01$).

5. Discussion:

The results of this study suggest that physiotherapy health camps are highly effective in improving pain, mobility, and balance among patients. The significant improvements in the VAS, TUG, and BBS scores highlight the therapeutic benefits of intensive, group-based physiotherapy interventions. Additionally, the positive change in satisfaction scores reflects the overall success of the health camps from the patients' perspective.

5.1 Implications:

These findings underscore the value of physiotherapy health camps as a cost-effective and accessible means of providing rehabilitation. Given the rising prevalence of musculoskeletal and neurological conditions, physiotherapy health camps can play a critical role in meeting the rehabilitation needs of the population.

5.2 Limitations:

- The study lacks a control group, limiting the ability to infer causality.
- Long-term follow-up is needed to assess the sustainability of the improvements.

5.3 Recommendations:

Future studies should include larger sample sizes, control groups, and longitudinal follow-ups to validate and extend these findings.

6. Conclusion:

The physiotherapy health camp model is an effective approach for improving pain, mobility, balance, and patient satisfaction. This study contributes to the growing body of evidence supporting the use of group-based rehabilitation interventions in community health settings.

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Master chart

Patient	Age	Sex	Pre-Pain (VAS)	Post-Pain (VAS)	Pre-Mobility (TUG)	Post-Mobility (TUG)	Pre-Balance (BBS)	Post-Balance (BBS)	Pre-Satisfaction	Post-Satisfaction
1	FEMALE	50	8	5	14	11	34	41	2	4
2	MALE	45	7	4	16	12	30	37	3	5
3	FEMALE	56	9	6	15	13	32	40	1	4
4	MALE	55	6	3	18	15	31	39	2	3
5	FEMALE	50	7	5	9	7	46	50	2	5
6	FEMALE	54	8	4	8.5	10	36	42	3	5
7	FEMALE	49	7	3	12	9	35	43	2	5
8	MALE	56	6	3	17	14	30	38	1	4
9	FEMALE	55	5	2	9	8	45	51	3	4
10	MALE	49	6	4	18	15	31	39	2	4
11	FEMALE	46	5	1	16	12	40	47	3	5
12	FEMALE	50	7	5	9.5	8	35	39	2	3
13	MALE	53	9	3	19	15	45	50	1	4
14	MALE	60	8	4	15	11	49	51	2	5
15	FEMALE	59	7	2	14	10	40	47	2	4
16	FEMALE	57	9	3	17	12	37	40	3	5
17	FEMALE	55	8	4	19	14	43	47	1	4
18	FEMALE	54	7	5	9	8	46	50	3	5
19	FEMALE	49	8	4	9.5	8	49	51	2	3
20	MALE	48	7	2	17	11	30	41	2	4
21	MALE	47	5	3	18	15	34	40	3	4
22	FEMALE	50	6	3	20	16	39	43	2	5
23	FEMALE	60	9	2	10	9	45	50	1	5
24	MALE	56	8	5	17	16	33	39	1	4
25	FEMALE	59	6	4	16	14	35	40	3	3

26	FEMALE	53	7	3	15	12	36	41	2	5
27	MALE	53	8	2	14	10	38	42	1	4
28	MALE	58	7	3	17	11	39	41	3	5
29	FEMALE	50	9	4	19	12	38	42	3	5
30	MALE	45	6	6	18	10	45	51	2	3
31	FEMALE	47	7	5	8.1	7	49	50	3	5
32	FEMALE	49	5	2	19	12	39	43	2	4
33	FEMALE	43	9	5	14	11	50	54	1	5
34	MALE	49	8	4	18	14	45	48	3	4
35	FEMALE	48	6	2	10	8	51	53	2	3
36	MALE	56	5	4	16	13	49	51	3	3
37	MALE	50	9	5	10	9	50	52	2	5
38	FEMALE	55	6	4	16	12	48	49	1	4
39	MALE	52	7	3	19	15	39	44	2	5
40	MALE	51	6	4	13	11	38	49	3	6
41	FEMALE	49	9	5	14	13	46	49	2	5
42	MALE	48	5	4	19	14	41	45	2	5
43	FEMALE	51	8	3	8.7	7	49	52	3	3
44	FEMALE	52	6	4	17	14	45	49	1	2
45	FEMALE	55	7	5	10	9	51	54	2	4
46	FEMALE	59	5	2	16	11	31	37	3	5
47	MALE	60	6	3	19	12	35	39	1	3
48	MALE	41	8	4	16	13	32	37	2	4
49	FEMALE	42	7	2	18	14	38	42	3	5
50	FEMALE	46	9	4	19	15	34	39	2	4
51	MALE	49	5	2	18	13	33	39	3	5
52	MALE	47	8	5	19	12	32	37	2	4
53	MALE	50	7	5	17	13	36	38	2	3
54	MALE	51	6	3	16	14	37	40	1	3

55	FEMALE	48	9	4	18	15	36	38	2	5
56	FEMALE	41	5	3	8.4	7	49	52	3	4
57	MALE	44	7	2	10	9	51	54	2	4
58	MALE	50	8	4	19	15	44	49	2	3
59	FEMALE	60	6	5	17	12	48	51	3	5
60	FEMALE	46	9	3	18	14	46	51	3	4
61	MALE	57	6	2	17	15	48	49	2	3
62	FEMALE	51	8	4	19	16	33	39	3	4
63	MALE	54	5	3	15	12	31	40	2	5
64	MALE	60	9	5	16	14	41	48	1	3
65	MALE	56	7	1	17	12	35	40	3	5
66	FEMALE	54	5	2	19	12	49	55	2	3
67	FEMALE	51	9	3	17	15	36	38	3	4
68	FEMALE	46	9	4	16	12	31	37	2	5
69	MALE	48	6	3	14	11	38	39	3	5
70	MALE	37	8	2	15	15	36	40	2	4
71	MALE	54	5	5	17	10	39	48	3	5
72	FEMALE	50	9	3	10	8	47	52	2	4
73	FEMALE	40	6	2	14	11	42	51	3	2
74	FEMALE	49	8	3	9	7	46	50	1	3
75	MALE	46	7	5	20	14	33	38	1	3
76	MALE	38	5	4	13	10	31	40	2	4
77	MALE	35	9	2	14	11	37	41	2	5
78	MALE	38	7	3	17	14	43	47	3	4
79	FEMALE	39	8	5	20	17	31	40	2	3
80	MALE	49	5	1	19	14	43	48	2	4
81	MALE	50	9	5	16	15	35	38	1	3
82	MALE	49	7	3	18	16	46	50	3	4
83	FEMALE	47	6	4	17	14	47	51	2	5

84	FEMALE	45	5	3	16	12	41	47	1	2
85	FEMALE	76	7	5	22	20	49	52	3	5
86	MALE	71	9	6	21	21	47	51	2	4
87	MALE	67	5	3	30	22	46	50	2	3
88	FEMALE	69	7	2	28	23	35	42	1	4
89	MALE	71	9	4	31	26	20	25	3	5
90	MALE	45	6	3	20	14	41	46	2	3
91	FEMALE	39	9	5	10	8	47	50	1	4
92	FEMALE	46	8	4	18	14	49	51	3	5
93	FEMALE	45	7	3	20	15	52	55	2	4
94	MALE	51	9	7	18	14	38	41	1	4
95	MALE	55	5	5	19	13	54	56	2	3
96	FEMALE	56	9	8	14	11	44	49	3	5
97	MALE	60	6	5	12	10	43	48	1	4
98	FEMALE	45	8	2	10	8	47	51	3	4
99	MALE	34	6	4	9	7	45	49	2	2
100	FEMALE	33	9	5	11	9	42	46	2	3
101	MALE	30	8	3	10	8	37	39	3	4
102	FEMALE	34	6	4	10	7	38	41	1	5