

The third age group presents a high risk of decreasing their functional capacity as a result of the biopsychosocial changes derived from the aging process. The process of aging implies changes in the biological, psychological and social spheres, which impact on the person's life quality due to limitations at functional level (Ceballos, 2012).

The most important changes in the biological sphere related to functional capacity are:

A decrease in muscle mass, strength and functionality, known as Sarcopenia (Paladines, Quizphi & Villota, 2016), which has a multifactor origin and can include a decrease in physical activity, alteration of endocrine functions, suffering of chronic illnesses, insulin resistance as well as nutritional deficiencies. (Fielding et al., 2011)

Alterations of the locomotive system produce an undermining of the bone system, generating osteoporosis that leads to the progressive degeneration of cartilaginous tissue like arthrosis; conditions that in this age group can be highly disabling due to a decrease in the density of bone minerals, increase of fragility and increased susceptibility to fractures (Tobias et al., 2014).

Among the changes in the psychological sphere, alterations of the neuromotor system are found due to aging of the nervous system, evidenced by the loss of neurons, dendrites, enzymes and receptors, as well as a decrease in neurotransmitters, both catecholaminergic and dopaminergic, which in part explains the reduction of cognitive functions (memory, concentration, attention, visual-spatial capability, conceptualization, general intelligence) and failure in movement coordination, which is frequently noted. Also, there is a decrease in postural reflexes which produces instability and increases the risk of falling down (Penny and Melgar, 2012).