

## Editorial Note on Geriatric Physiotherapy

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### Editorial

Geriatric therapy covers a good area of problems concerning the elderly. There are many conditions that affect people as they age and include but aren't limited to the following: arthritis, osteoporosis, cancer, Alzheimer's disease, hip and joint replacement, balance disorders, incontinence, etc. Geriatric physical therapists concentrate on providing therapy for such conditions and ailments.

Providing physiotherapy to older people may be a challenge, perhaps best described by the following: "Working with older people can present the physiotherapist with a collection of challenges unparalleled in other areas of practice. The caseload is extremely mixed; patients with musculoskeletal, neurological, and cardiovascular problems may all be found in a very single caseload and sometimes within the same patient. Interlinking between medical, psychological, rehabilitative, economic and social problems that everyone need attention is that the norm, instead of the exception boost these the differences in presentation of disease, the unique pattern of ageing in each individual, and also the varying responses that older people may demonstrate, and therefore the complexity of the challenge is clear."

A physiotherapist working with older people are often considered a 'Jack of all trades' off from being a term of belittlement, the phrase may be a term of respect for all of the talents a physiotherapist must apply to their patients in light of the biopsychosocial model to make sure a holistic, patient-centered approach. Everywhere the United Kingdom advanced practice posts like Clinical Specialist and Consultant posts are emerging for physiotherapists during this clinical field. Knowledge, therefore, in respiratory care, orthopedics, neurology, medicine along with the attention of psycho-social aspects are essential.

Moreover, as we age our muscle mass reduces in an exceedingly process called sarcopenia, which is age-related muscle reduction. We may feel increasing frailty or simply feel less ready to perform day to day tasks. Sarcopenia affects our strength, endurance and coordination. On the intense side exercise can help counter the results of age-related muscle loss. Falls is additionally a difficulty that becomes more prevalent as we age. There are many factors which will be contributing to the present and your physiotherapist will assess you to urge to the foundation of the underlying issues. Geriatric physiotherapy became a specialty of physical therapy study in 1989.