Principles of Geriatric Physiotherapy
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Dedicated to individuals in their venture to conquer aging
Foreword

Life expectancy has been on an increase all over the world more so in the Indian subcontinent. Problems encountered with ageing are being understood today as the percentage population of this category is on the rise. The book has been authored by Dr. Narinder Kaur Multani and Dr. Satish Kumar Verma. Role of physiotherapy in managing the dysfunction due to the process of ageing are emerging. In this changing scenario it is heartening to see Dr. Narinder and Dr. Verma take on the task of bringing together the information in a readable format both for academicians as well as clinicians.

Dr. Narinder Kaur Multani has been a strongly motivated, goal-oriented person who has worked relentlessly to pursue both clinical and academic growth in Physiotherapy. She is one of the first therapists to understand and realize the need of physiotherapy in management of the various systematic problems faced by senior citizens. Dr. Satish Kumar Verma has a rich academic and illustrious research record to his credit. The coming together of two such committed individuals has helped the focus and direction of the book.

They have taken on the uphill task of authoring the book, compiling their research and learning for the benefit of the coming generation of physiotherapists. This is an area that will grow and develop into specialty of its own and this book is one of the first by an Indian author, addressing the role of Physiotherapy in geriatric population.

I hope this text will be read and followed in Physiotherapy, enabling students to understand better. The concepts would have taken time to conceptualize and document this information. It is an important body of work and one that will have a significant effect on how we treat our ageing population.

I hope that all who read this book will find themselves saying: “I have seen this scenario many times” with this knowledge, I can now treat these patients more effectively.

I congratulate Dr. Narinder and Dr. Verma for a comprehensive book and thank them for sharing their knowledge with all.

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Preface

The number of individuals aged 65 and older is continually growing at an unprecedented rate. The number of individuals older than 100 is also increasing day by day, even though the actual proportion of the elders among persons aged 65 and older is relatively small. The aged population in India is currently the second largest in the world. With the explosion in the number of elderly individuals, it is becoming increasingly important to emphasize the need to remain functional and have a good quality of life even at a very old age. Conventional wisdom tells us that creaky joints, lack of appetite and a closet full of medicines are an inevitable part of aging. But an increasing number of health professionals across the globe are endorsing the view that an appropriate exercise program can help the elderly sail through their golden years.

Many books providing current and accurate information on the problems of older people are available in the market. However, few books address the evaluation and treatment techniques that are used particularly by the physical therapists. Thus, *Principles of Geriatric Physiotherapy* presents a special set of information with regard to physiotherapeutic skills to evaluate and treat the older patients.

The text is organized into eleven chapters. The first chapter introduces the readers with the concept of geriatric physiotherapy. The second chapter presents the age-related changes in various physiological systems so that the reader can understand the pathophysiology of the common disorders of elderly individuals. The third chapter provides critical information on the response of the older person to exercise. The fourth chapter presents a comprehensive approach of evaluating the geriatric patients along with the assessment instruments. The fifth chapter presents physiotherapy strategies and techniques with necessary modifications for the geriatric patient. The sixth to eleventh chapters deals with the specific conditions and problems of elderly with special emphasis on physiotherapeutic interventions.

We hope that information provided in the book will make the students and clinical physiotherapists enable to employ the physiotherapeutic skills and knowledge for the betterment of older people or the people who, according to Dr Andrew Weil, the celebrated Professor of Medicine at the University of Arizona, should be respected for their

- Increased wisdom
- Increased life experience
- Maturity
- Depth of character
- Better equanimity
- Increased creativity

Narinder Kaur Multani
Satish Kumar Verma
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