

Physiotherapy for Geriatric Patients



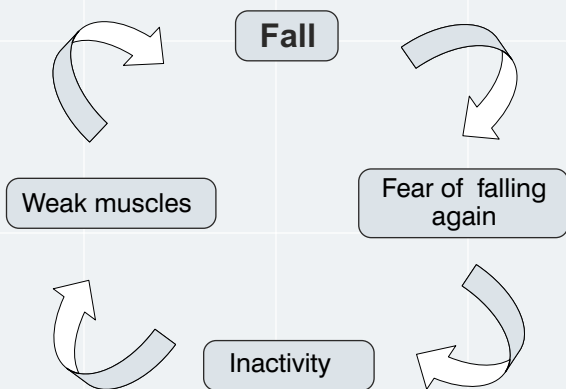
**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**

'The more active you are the more independent you are.'

As nuclear families are on rise the importance of senior population to be independent and active is very essential.

Common Age Related changes:-

1. Decrease vision.
2. Decrease reflexes.
3. Decrease bone density.
4. Decrease in muscle strength.
5. Decrease physical activity leading to debility.



Following are the factors that can be rectified to prevent fall and debility:-

1. Lack of exercise:- Do balancing and flexibility exercises as recommended to you.
2. Osteoporosis:- which is age related. Good

diet rich in calcium, exercise and medications can help you to fight osteoporosis.

3. Poor vision and hearing impairment:- have regular eye check ups and consult your doctor for the use of hearing aid.
4. Medications:- Certain medications can make a person more drowsy. Do not indulge in self medications and consult your doctor regularly.
5. Involve yourself in some mental game like Scrabble, Sudoku, Crosswords to keep yourself mentally agile.

Changes to be made at home to reduce the risk of falls :-

1. Check your BP periodically.
2. Sit up for a couple of minutes and move your legs before you answer your nature's call in the night or if you are sitting up in one position for a long time e.g. watching TV, etc.
3. Wash room area should be dry and well lit.
4. Install handles inside the washroom and staircase area.
5. Use a toilet raise specially for taller individuals.
6. Use of non-slippery rugs outside the washroom.
7. Remove unnecessary furniture from the walkways.
8. Periodically check the sharp edges of the furniture.

9. Install side railings at the bed.
10. Avoid carpets in the living area.
11. Use of a stick or walking device, if recommended.
12. Keep your mobile handy with speed dial facility.
13. Mark the changes in surface with bright colour tape. E.g. a single step to the washroom.
14. Use adult diapers while going out or at night incase of urgency of urination.

Even if you have not been active, get started, your body will adjust it gradually. Get in touch with our Physiotherapy Department.

For inquiries contact :- **Hinduja Hospital
Physiotherapy Dept. - 24447255**

The **Geriatric Clinic** is located at
**3rd floor, Health Check Department,
Hinduja Clinic Building**

Timing - **Thursday - 9.30 am to 11.30 am**

To schedule an appointment call
39818181 or 67668181.

P. D. Hinduja National Hospital & Medical Research Centre
Veer Savarkar Marg, Mahim, Mumbai - 400 016 (INDIA)
Tel: 2445 1515 / 2445 2222 / 2444 9199 Fax: 2444 9151