

Impact of Physiotherapy on Old Age People in Jabalpur City

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ABSTRACT

In older people the moving pattern is frequently changed to, so called, elderly gait. It is described as taking smaller steps, decreased velocity, raising the feet lower from the ground, decreased mobility in the hips and knees. Movement disturbances can coexist with many diseases such as Parkinsons Disease where gait velocity is decline (witek, Urodow, 2013, pp. 195-200). In other cases the cause are environmental factors (about 44%) or the performance of dangerous activities (only 5%) (Kamiska, 2013, pp. 21-26). It should be noted that people with impaired cognitive function have twice the risk of falls than other people of the same age without this disorder. Elderly physical therapy combines a combination of approaches including stretching, walking, massage, hydrotherapy, and electrical stimulation among others. The goal of physical therapy for seniors is to make daily tasks and activities easier And to make seniors as independent as possible. Consumers from age group 60 to 75 years were selected as the primary sources. It was collected from 100 respondents in different areas of Jabalpur city through questionnaire.

1. Introduction

Physical therapists endue people with a variation of services. They work with people distinctively, assessing their physical strength and designing specific programs of exercise, education and wellness for them. Physical therapists also work with other health care procurer to adjust the person's care. Physical therapists must have completed their curriculum in the biological, medical, psychological and physical sciences. They must have graduated from an accredited education program, and have completed a bachelors, masters, or doctoral degree with specialty clinical experience in physical therapy. Many physical therapists choose to seek additional proficiency in clinical specialties, although every physical therapist must meet licensure requirements in their dominion.

The epidemiological studies demonstrates that 28-35% of people over 65 experience falls. It number enhances to 32-42% in case of seniors over 70, to 50%. over 90. Patients living in hospitals have falls more often then people living in their own homes. Almost half of these people have aortic falls (Skalska, ak, 2007; Kamiska, 2013, pp. 21-26; World Health Organization, 2007). The most frequent falls among seniors occur while walking. In other cases the reasons are circumjacent factors (about 44%) or the execution of dangerous activities (only 5%) (Kamiska, 2013, pp. 21-26).

Motor system disturbances can be caused by process of ageing. They consist of increased swing posture, decreased extensor and increased latency in reaction time. (Gajos, Kujawski, Gajos, Chatys, Bogacki, 2014, pp. 99-108). Decline effectiveness of vision, hearing and perception is related with ageing, which can cause decline maintenance of balance. In old people the move pattern is frequently alteration to, so called, *elderly gait*. It is said as taking smaller steps, decreased velocity, raising the feet lower from the ground, decreased mobility in the hips and knees. Gait disturbances can can coexist with many diseases such as Parkinsons Disease where gait velocity is decreased (witek, Urodow,

2013, pp. 195-200). Falls are rapid, unintended changes of body posture. Falls lead to decrease of fitness performance, which is straight linked to a lack in quality of life (Skalska, ak, 2007, pp. 167-174; Kamiska, 2013, pp. 21-26; Edbom-Kolarz, Marcinkowski, 2011, pp. 313-318). Falls are one of the senile, chronic disabilities included in Geriatric Giants. In addition, they are the base of psychosocial and economical issues. Usually, there are several reasons for the fall. It is impossible to differ one, main reason for such an event. The risk of fall cases increases with age. In European countries a growing interest in the topic of falls in public health policy occurred in recent years (Skalska, ak,2007; witek, Urodow, 2013; World Health Organization, 2007).

Impact- "Measure of the tangible and intangible effects (consequences) of one thing's or entity's action or influence upon another."

Physiotherapy –"The treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery."

Old Age Person - __Old age comprises "the later part of normal life; the period of life after youth and middle age, usually with reference to deterioration".

1.1 Objectives of the Study

- To know the percentage of old age person, which are accept the Physiotherapy Method.
- To know which method is mostly use from Physiotherapy.
- To study why old age person moves towards Physiotherapy Method
- To identify which disease is mostly cured by Physiotherapy in old age.

1.2. Hypothesis of the Study

- Physiotherapy method increased in Decreasing age.

1.3 Limitations of the Study

The study has following limitations-

1. The sample was selected from few consumers of Jabalpur city.
2. The sample was limited to 100 respondents.
3. The range limited only age group- 60 to 75 years.
4. Randomly selected respondents had been used for filling the questionnaire.

2. Review of Literature

The result of falls among the old people are increased morbidity, dependence on caregivers, long-term disability and even increased death rate among this age group. These reasons lead to lower virtue of life and increase the cost of remedy. (Debra, 2011, pp. 37-48).

About 65% of falls are connected directly to the trauma, of which 10-15% lead to serious injury, the most common effect is the bone fracture (common in patients who suffer from osteoporosis), head trauma, or injury to the soft tissues. The possible results of these tangle are drawn out immobility which may consequences in sores, venous thrombosis, urinary tract infections, pneumonia, dehydration, hypothermia and spasm in the joints (Skalska, ak, 2007; Kamiska, 2013).

The presence of these complications, results in drawn out hospitalization. The result of the collapse are very often dangerous fractures of the proximal femur. In fractures in this area, approximately 20% can lead to death (within a year). Approx. 50% of patients do not regain the fitness level which they had before the accident, and in approximately in 12% of cases break or fracture in the same location will occur again. Falls are the factor of changes in psyche of elderly, they tend to fear occurrence of similar event. They tend to feel discouragement, phobia of performing activities of daily living, which results in decreased activity of the secondary decrease in overall efficiency and impaired daily functioning. The above mentioned component lead to dependence on family caregivers. This sequence of events, founding one after the other, is called "fear of falling". In patients with a recent fall, it affects approximately 73% of the cases, and approximately 46% of the patients who had falls in the past. It is assumed that approximately 40% of admit of elderly patients to hospitals or care centres is directly connected with the results of falls. Reasons for drop can be divided into internal, caused by coexisting illness, which in turn entails overall poor health, as well as external, coming from the surrounding environment. (Skalska, ak, 2007; Kamiska,2013; Edbom-Kolarz, Marcinkowski, 2011).

The effective action which prevents falls among elderly people, in the first place should include a risk evaluation of their finding. This could be part of a regular physical examination already performed by staff in primary health care (primary care). The add to determine the patient's care plan is a comprehensive geriatric evaluation (Pearse et al., 2003, pp. 518-521).

Separation of the causes which are most often reasons for falls in the elderly, can be the key to the implementation of measures to decrease their event. These procedures should be multidirectional, containing all areas of human functioning. The outpatient procedure uses a lot of functional tests, in order to assess the risk of falls among people over 65 years old (Szoł, Golec, Szczygie, 2008, pp. 12-17).

3. Plan, Methodology/ Research Design

i) Selection of method of Inquiry- The universe being too large and time & other resources being limited, Convenience Sampling method were selected for the present study.

ii) Selection of Samples- The sample selected on purposive random basis

iii) Selection of method for collection of Data- Questionnaire method used for collection of data. A trival survey was done to get an idea of the various problems. In the trival survey the same procedure was followed as was to be adopted in actual survey. The no. of cases in it was five on the basis of this pilot study necessary amendments are done in the schedule.

iv) Sources of Information-

a) Primary Sources- Consumers from age group 60 to 75 years were selected as the primary sources. It was collected from 100 respondents in different areas of Jabalpur city through questionnaire.

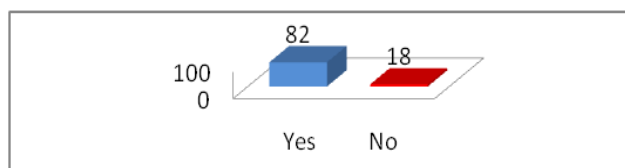
b) Secondary Sources- It may be termed as "Documentary Sources". The information was gathered from different books, magazines, journals, news scripts and websites etc.

4. Analysis of Data

After the data was collected it was tabulated and analyzed statistically, wherever needed statistical tests were applied to get the final results. The information gathered was from the 100 respondents surveyed from Jabalpur city. The age running 60 to 75 years.

TABLE NO. 01
No. of Respondents according to adoption of Physiotherapy method

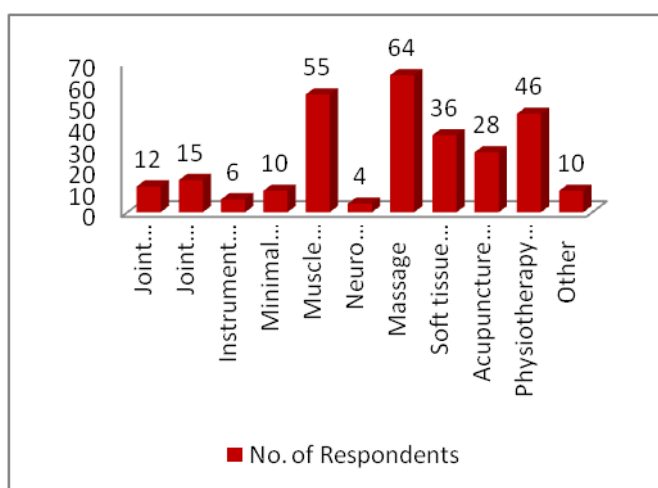
Sr. no.	Adoption of Physiotherapy method	No. of Respondents	Percentage %
1.	Yes	82	82%
2.	No	18	18%



Here 82 % respondents of Jabalpur city accept the Physiotherapy Method, especially in above 62 years.

TABLE NO.02
No. of Respondents according to use different Common Physiotherapy Methods

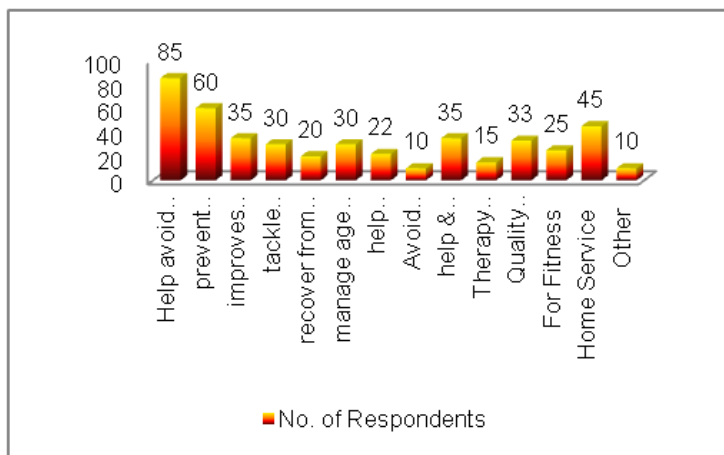
Sr. no.	Common Physiotherapy Methods	No. of Respondents	Percentage %
1.	Joint Mobilisation(gentle gliding)	12	12 %
2.	Joint Manipulation	15	15 %
3.	Instrument Mobilisation (PIM)	06	06 %
4.	Minimal Energy Techniques (METs)	10	10 %
5.	Muscle stretching	55	55 %
6.	Neuro Dynamics	04	04 %
7.	Massage	64	64 %
8.	Soft tissue techniques	36	36 %
9.	Acupuncture and Dry Needling	28	28 %
10.	Physiotherapy Exercises	46	46 %
11.	Other	10	10 %



Here 64 % respondents of Jabalpur city mostly use the massage Physiotherapy Method , after that 55% respondents going with muscle stretching and so on.

TABLE NO.03
No. of Respondents according to Causes moves towards Physiotherapy Method

Sr. no.	Causes moves towards Physiotherapy Method	No. of Respondents	Percentage %
1.	Help avoid surgery	85	85%
2.	prevent injuries	60	60%
3.	improves mobility and balance	35	35%
4.	tackle general health issues	30	30%
5.	recover from a stroke	20	20%
6.	manage age related issues	30	30%
7.	help maximize your movement	22	22%
8.	Avoid Dependence in pain medication	10	10%
9.	help & manage diseases	35	35%
10.	Therapy After Surgery	15	15%
11.	Quality Method	33	33%
12.	For Fitness	25	25 %
13.	Home Service	45	45 %
14.	Other	10	10%

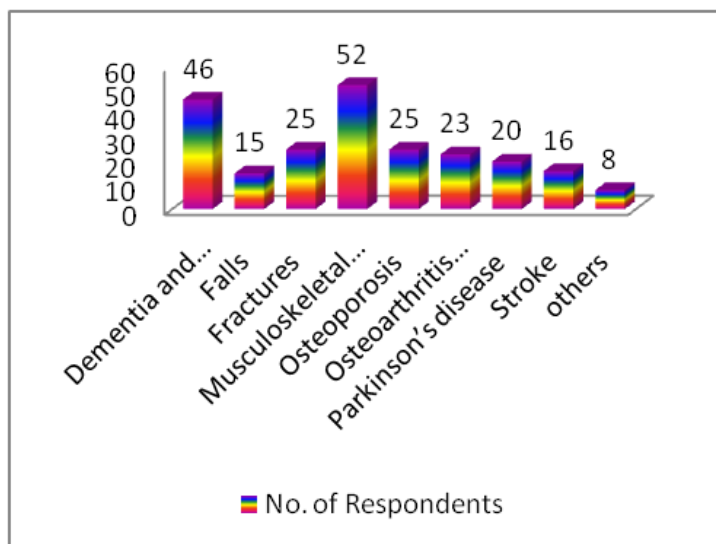


Here 85 % respondents of Jabalpur city going with Physiotherapy Method because of avoiding surgery , after that 60% respondents Prevent Injuries, 45 % for get Home service,

some respondents said that they improves mobility and balance, tackle general health issues, manage age related issues, help & manage diseases & so on.

TABLE NO.04
No. of Respondents according to Disease which is cured by Physiotherapy Method

Sr. no.	Physiotherapy Method	No. of Respondents	Percentage %
1.	Dementia and frailty	46	46 %
2.	Falls	15	15 %
3.	Fractures	25	25 %
4.	Musculoskeletal complaints	52	52 %
5.	Osteoporosis	25	25%
6.	Osteoarthritis and other arthritic conditions	23	23%
7.	Parkinson's disease	20	20%
8.	Stroke	16	16%
9.	others	08	08%



Here 52 % respondents of Jabalpur city going with Physiotherapy Method because they cured Musculoskeletal complaints , 46 % cured by Dementia .

balance and coordination. Elderly physical therapy combines a combination of approaches including stretching, walking, massage, hydrotherapy, and electrical stimulation among others. The goal of physical therapy for seniors is to make daily tasks and activities easier. And to make seniors as independent as possible. Consumers from age group 60 to 75 years were selected as the primary sources. It was collected from 100 respondents in different areas of Jabalpur city

5. Conclusion

For seniors recovering from injury or illness and for those experiencing chronic pain, physical therapy can help relieve pain and restore physical functions such as flexibility, strength,

through questionnaire. Here 82 % respondents of Jabalpur city accept the Physiotherapy Method, 64 % respondents going with the massage Method, after that 55% respondents going with muscle stretching, 85 % respondents use Physiotherapy Method because of avoiding surgery and 52 % respondents

cured Musculoskeletal complaints, 46 % cured by Dementia. Over all Physiotherapy Method is an eminent medicated method which are very helpful for Old Age People in Jabalpur City.

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