

Physical Activity Prescribing - A step to Active Health

Rami Labib Abbas

*Rami Labib Abbas PhD PT. Assistant Dean of Faculty of Health Sciences
Assistant Professor of Physical Therapy for Cardiorespiratory Disorders and Geriatrics, Physical Therapy
Department, FHS, Beirut Arab University*

Citation: Rami Labib Abbas. Physical Activity Prescribing - A step to Active Health. Middle East Journal of Age and Ageing, Volume 15, Issue 2, June 2018. DOI: 10.5742/MEJAA.2018.93455

ABSTRACT

The field of geriatrics will continue to grow as the population ages. As life expectancy increases, rehabilitation of the physically disabled older adult will become an increasingly essential component of overall geriatric care. The aging process affects multiple systems in the body and has a direct impact on the rehabilitation of acute and chronic musculoskeletal conditions common in the older adult. Orthopedic conditions are commonly experienced by the older population. Fractures commonly occur and are often the result of osteoporosis and falls. When articular cartilage damage is severe or there is chronic joint pain, hip, knee, and shoulder arthroplasty are increasingly common procedures specifically designed to provide patients/clients with dramatically

improved lifestyle and function. Examination and evaluation of older adults must focus on determining the relative contributions from aging, inactivity, and disease on reduced physical functioning. Emphasis in the rehabilitation program should be placed upon the importance of physical activity in preventing injury and minimizing functional decline. Rehabilitation providers must be aware of the special needs that this population has in order to facilitate the development of effective rehabilitation interventions.