

Necessity of Physiotherapy for Wellbeing of Geriatric Population in the Context of Bangladesh

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Geriatric population is in increasing trend in Bangladesh as like other part of the world. Life span is now around 70 years irrespective of sex. They are constituting a bulk segment of total population. Demand of taking care of them is also uttering loudly but no practical step is seen. Among many other problem musculoskeletal disorder is very common among aged people particularly spondylosis, osteoarthritis, frozen shoulder, tingling sensation and muscle weakness but exact statistics is scarce. Moreover, problem of geriatric population is seen with ignorance specially in rural area and lower socioeconomic class due to less awareness and poverty. Physiotherapy is a branch of medical science which is also scientific, effective and fruitful treatment for musculoskeletal disorders. Geriatric physiotherapy is popular and widely used in western world because of number of old home but in our country it is new phenomena and gradually it is focusing by dint of print and electronic media. It is delightful that University of Dhaka has opened Masters level gerontology course and there is a scope to introduce post graduate course on geriatric physiotherapy so that graduate physiotherapists can make them specialized in geriatric sector. There is a geriatric hospital in Agargaon, Dhaka, Bangladesh in which physiotherapy service is available and patient can consult with consultant physiotherapist but this type of facility is needed all over country to keep geriatric people fit, movable, independent and active indeed. Physiotherapist can be appointed in Government medical college hospitals and district hospitals and open geriatric physiotherapy unit headed by physiotherapist. Definitely it will reduce health care cost and sufferings of this vulnerable group. Quality of life will be improved and disability will be reduced. They will be asset rather than burden. Research and rehabilitation both are crucially demanded because physiotherapy approach for aged people is quite different than other branch of physiotherapy. So we have to think about this new field of physiotherapy. Almost every family has geriatric person and we will enter this age group after certain period of life as well as nobody can avoid this age. Our expectation is to keep ourselves active as much as we can. There are some old homes in our country run by personal initiative but no physiotherapist is appointed there. Reducing drug dependency and initiating physiotherapy can be a solution to keep mobile of geriatric people considering context of Bangladesh.

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