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Prescription of exercise in older adults, physiotherapeutic approach

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How to correctly prescribe exercise to elderly population? The definition states that, from a functional perspective, a healthy old person is one who is capable of facing the process of change with an adequate level of functional adaptability and personal satisfaction. With advanced age the older adult can reach a state of vulnerability, fragility, which predates and predisposes the individual to disability and functional dependence, hospitalization and death. The fragility phenotype described by Fried et al. 2001, mentioned by Gine'-Garriga et al. identifies a fragile individual when three or more of the following criteria are present; Unintentional weight loss, muscle weakness, fatigue or low resistance to small effort, slow gait, low level of physical activity. It constitutes a fundamental decision of the prescription phase of any neuromuscular training program aimed at improving or maintaining health. In addition, the correct analysis or multivariate integration of the exercise selection will allow the identification and progression of the same ones whose motor characteristics are common or very similar, and therefore constitute exercises similar and interchangeable with each other to cover the same objectives from the point of view of health and functionality. It is important for the physical therapist to know the essential assessments before exercise prescription in older adults and also the essential goals in the prescription of exercise in the older adult.

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