

Geriatric Physiotherapy is a New Window for Bangladesh

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Life expectancy both male and female in Bangladesh has been increased dramatically in recent years. The rapidly increasing elderly population is a new and important group in terms of social economic and changing cultural context. As per the WHO guidelines people 60-74 years of age are called elderly and those between 75 and 85+ years of age as old. The projected elderly population aged 60 years and above in 2015 and 2025 will be 12.05 and 17.62 million. Comprehensive health policy exists for the elderly in Bangladesh. Geriatric problems are ignored in medical education and profession. There is a lack of information and research on elderly in health sector. There is scope for improving health and nutritional problems of the elderly people. Due to sedentary life style which are led in urban areas non-communicable disease are spreading like epidemics. Like Diabetes mellitus and Hypertension are seen in lots of elderly people. Considering above circumstances musculoskeletal problems like low back pain, neck pain, shoulder pain, knee pain, tingling sensation, muscle cramping are also increasing among aged people. Knee osteoarthritis is very common now a days result limiting knee bending and becoming distressful particularly rural people because English toilet is not available there. Physiotherapy can play vital and in some spheres unique role in preventing as well as curative in terms of musculoskeletal disorder of this aging population. As a rising profession in Bangladesh physiotherapists can think, work and research on geriatric people and it will expand scope of work. It is delightful that numbers of young physiotherapists are doing masters in gerontology and geriatric welfare under University of Dhaka to uplift their career in geriatric physiotherapy. Bangladesh Physiotherapy Association can organize seminar, symposium, workshop, conference, congress on geriatric physiotherapy all over the country to increase awareness among mass population by setting linkage with print media and electronic media. Government can open geriatric friendly department in medical college hospital and donor agency should come forward and inspire researcher to research on geriatric health problem.

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