



WEB OF SCIENCE

## REHABILITATION TASKS IN POSTTRAUMATIC ELDERLY PATIENTS

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### Abstract

**Introduction.** Balance control declines with age and impaired balance is a major risk factor for falls among older adults. Aim of the study: to demonstrate the importance of balance training along with local functional restoration in older adults with upper limbs trauma (fractures and joints dislocations) in order to decrease the risk of falls.

**Material and Methods.** The subjects, n=14, functional independent and active female hospital out-patients, aged between 65 and 80 years, referred to rehabilitation department for functional restoration after upper limb trauma. Patients clinical exam consisted of: actual complaints including dizziness, medical history including concurrent illnesses and medication in use, musculoskeletal system examination, starting with posture assessment, than joint range of motion (ROM) and flexibility tests, muscular strength and endurance test – ‘Chair stand test’, static and dynamic balance tests: ‘Tandem standing test’ and ‘Up and go test’.

**Results.** Former falls in 6 patients (42,85%). Type of trauma: radius distal fracture in 9 patients (64,28%) and shoulder trauma in 5 patients (35,72%). Postural misalignment in all patients. Severe joint dysfunction at the trauma site. We identified spine and lower limbs dysfunctions as well as pectoralis, quadratus lumborum, psoas, hamstring muscle contractures in most of the patients. Quadriceps strength below average in all patients. Balance tests altered in 9 patients (64,28%).

**Conclusions.** 1. After fall, the fear of another fall is present in all patients and along with postural misalignment, limited ROM, low postural muscles strength, and altered balance sense, in the study population the risk of another fall is present.

2. The rehabilitation tasks are dual: functional restoration at the trauma site without any delay in posture and balance training.

**Key words:** *elderly patients, fracture, balance training*