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## ΦΥΣΙΚΟΘΕΡΑΠΕΙΑ ΣΕ ΑΤΟΜΑ

### ΤΡΙΤΗΣ ΗΛΙΚΙΑΣ



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### Abstract

Physiotherapy in older adults is a crucial field of rehabilitation that has gained prominence in recent decades. The rise in life expectancy, attributed to advancements in medical care, along with a declining birth rate, has resulted in a notable increase in elderly population within society. Epidemiological data predict that by 2070, approximately three out of every ten individuals worldwide will be over the age of 65. Consequently, this demographic shift necessitates addressing the various health issues that older adults face, a great amount of which, demand specialized physical therapy interventions. Hence, the significance of physiotherapeutic treatment for the elderly is now more imperative than ever. The purpose of this textbook is to delineate the unique considerations when geriatric patients are provided

with physical therapy care, encompassing preventive strategies as well as the rehabilitation of age-related ailments and disorders. Moreover, it aims to serve as a valuable resource for undergraduate and postgraduate students in the Department of Physiotherapy, providing them with indispensable information to support their academic journey. Within the contents of this textbook, students will find specialized knowledge, which will help them gain a comprehensive understanding of the aging process and its implications on the diverse systems of the human body during old age. Furthermore, they will learn to assess fundamental health parameters of elderly individuals through physical therapy evaluations and design specialized rehabilitation programs tailored to meet the needs of older adults population.

