JSS COLLEGE OF PHYSIOTHERAPY, MYSORE

PHYSIOTHERAPY GERIATRIC CLINIC CARE

OP/ IP No. _____

Name of patient: _____

Age: _____

Address: _____

_____

Contact no: _____

Co morbidities: _____

Any other relevant information: _____

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History:

Presenting problems: (on history/observation)

1.

2.

3.

Any other

Evaluation findings: List problems on examination

1.

2.

3.

Any other

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Identification of risk of falls

(Clinical Reasoning: to identify the no. and risk factors of falls, and intervene to modify them.**)**

Intrinsic factors	Tick the factors affected
Reduced strength of muscles and physical activity	
Foot problems	
Fear of fall/ history of falls	
Gait abnormalities	
Cognition	
Vision	
Sensory impairment, especially in feet	
Depth perception	
Hearing	
Medicines (**specify**)	
Medical conditions (**specify**): stroke, arthritis, Parkinson's disease, dementia, incontinence, postural hypotension	
Sedentary lifestyle/ bedridden	
Any others- (**specify)**	

Extrinsic factors: Circle affected factors

Slippery floors/ Obstacles on floor- furniture, carpets, etc (mention)/ Poor lighting/ Stairs without railings/ Unfamiliar surroundings/ Loose clothing/ Inappropriate foot ware/ Improper assistive devices/ broken assistive devices.

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RISK OF FALLS EVALUATION

Clinical reasoning: to find out the level of risk of falls, and plan intervention to minimize/ modify the risk.

Two simple tests are performed in the elderly to identify the risks of falls in the elderly:-

1. **Tinetti POMA score:**

Interpretation:

Total score- 28. < 18High risk of falls/19-23 moderate risk of falls/ > 24low risk of falls.

2. **TUG score:**

Interpretation:

Normal score is 8 to 11 seconds.

Assessment of

ROM of:

Joint	Right	Left
Hip abduction		
Hip extension		
Knee flexion		
Knee extension		
Ankle DF		
Ankle PF		

MMT of:

Muscles	Right	Left
Hip abductors		
Hip extensors		
Quadriceps		
Hamstrings		
Ankle DF		
Ankle PF		

Clinical reasoning: to check and plan appropriate interventions to improve ROM and strength.

Gait evaluation: (to identify and correct gait deviations).

Sensory evaluation of both feet (using mono filaments): to find out the sensory impairment, and advice precautions/ interventions/ appropriate referral.

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GERIATRIC FITNESS EVALUATION

There are 7 tests done to check the level of fitness and flexibility in the elderly, given by **RIKLI & JONES:-**

1) Chair stand test score (no of stands):

2) Arm curl test (no. of repetitions):

3) 6 minute walk (distance walked):

4) 2 minute step test (no of steps):

5) Chair sit and reach (distance in inches):

6) Back scratch (inches):

7) 8 feet up and go (time):

Interpretation of SFT:

Problems identified: (list out)

1

2

3

4

5

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Intervention/ Home management advised

Exercise counselling: to ensure that the patients understand why execises have to be done, and, for adherence.

Strengthening exercises using theraband of appropriate colour, 10 repetitions x 1 set for

- LL:

Hip abductors
Hip extensors
Quadriceps
Dorsi flexors
Plantar flexors

- UL Crutch muscles (if indicated)

Shoulder depressors
Shoulder extensors
Elbow extensors
Wrist extensors
Grip strengthening

Balance retraining exercises (Otago exercises) 10 repetitions x 1 set

- Knee extension & flexion, sitting on chair
- Sit to stand
- Standing on one leg
- Tandem walking
- Walking backwards
- Walking sideways- right & left
- Toe walking
- Heel walking
- Stair climbing- 5 steps up and down: 1 set
  - 10 steps up and down: 1 set

Any other specific interventions required

1.
2.
3.
4.
5.

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Modification of risk factors- list out

If referral required to other disciplines, please specify:

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Signature of physiotherapist:

Name:

Date: