

The Seniors And Osteoarthritis – The Sports Physician Challenge

Dr Redzal Abu Hanifah

The senior citizen approach to osteoarthritis is unique, as they are commonly presented with various co-morbidities. Their goal may also differ from the rest of the population, as this group would want to perform normal daily activities independently with minimal pain.

A Senior Fitness Test is a good functional test to assess various aspects of lower limb strength and dynamic balance, pertaining to their daily routine. Education, exercise, strength training and weight reduction is the main cornerstone in their management, with other non-pharmacological and pharmacological treatments that are considered suitable and safe based on various factors and related co-morbidities.