



PHYSIOTHERAPY TECHNIQUES FOR ELDERLY PEOPLE: THE CASE OF PARKINSON'S DISEASE AND OSTEOPOROSIS

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Research field: M 001 Medicine

Research purpose. To introduce physiotherapy techniques for elderly people in the case of Parkinson's disease and osteoporosis.

Keywords: osteoporosis, Parkinson's disease, physiotherapy, physiotherapy techniques, physical exercise, water therapy

Research Methodology. Analysis of scientific literature.

Results / Findings.

- Physical therapy is a great way to reduce the symptoms or prevent the risk of getting Parkinson's disease and osteoporosis.
- Techniques that can be used to treat Parkinson's – physiotherapy (muscle strengthening exercises, stretching, walking) and water therapy (swimming, water exercises).
- Techniques that can be used to treat osteoporosis – strength training, balance exercises and aerobic physical activity.

Originality / Practical implications. As society gets older, it is crucial to prevent fatal diseases and illnesses, such as Parkinson's disease and osteoporosis. It is necessary for every person to get to know their body and how to take care of their health, before it is too late. By using certain physical therapy techniques and practices and raising awareness, we would prevent many health disorders.