

# GERIATRIC REHABILITATION AGAINST FRAILTY AND SARCOPENIA

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## Background

The goal of geriatric rehabilitation is to improve functional ability, autonomy, and quality of life in older adults after illness, injury, or surgery. It aims to restore independence, prevent further decline, support mental health, facilitate community reintegration, and coordinate multidisciplinary care. The aim of this paper is to highlight the role of physical activity through various exercises in improving strength and power at the level of individual muscle fibers, as well as enhancing overall functionality. Before starting different exercise programs, methods for pre-exercise assessment will be presented, along with contraindications for participation in the exercise program.

## Case report

Various low-intensity exercises will be presented, including gradually progressive resistance training, respiratory and aerobic exercises. These types of training improve muscle mass, strength, and function, promote neurological adaptation and coordination, and increase bone density. The program will be designed with an individualized approach and will include walking exercises, as well as balance exercises, which are particularly effective in preventing falls in individuals with a history of falling. Methods for assessing muscle mass, muscle strength, and physical performance will also be presented. Physical performance is defined as the objectively measured function of the whole body related to locomotion, for objective evaluation, the gait speed test is used, which is safe and highly reliable for diagnosing frailty, while the SPPB (Short Physical Performance Battery) is applicable in clinical practice.

## Conclusion

In the recommendations of EWGSOP2 and the FACS algorithms, the first step in the rehabilitation of sarcopenia and frailty together with nutritional support, which are the two most important interventions is best implemented together.

**Keywords:** Geriatric, Rehabilitation, kinesiotherapy, Progressive Resistance