

How does physical therapy help dependent older people?

[Mark Berger Villa Healthcare](#) indicates that the main difference between physiotherapy in general and this discipline in particular is not so much in the techniques used but in the adaptation of them. Dealing with the elderly or dependent elderly people requires a very particular way of applying their knowledge from the specialist.

According to Mark Berger Villa Healthcare, it is something similar to what happens with those who care for the elderly in their homes. Training and experience are fundamental, but so are vocation, orientation towards the well-being of the other person, sensitivity and patience. Not surprisingly, some caregivers of dependent people may have knowledge of physiotherapy while geriatric physiotherapists have also learned a lot from caring for older adults.

Mark Berger Villa Healthcare claims [in his articles on Medium](#) that it is that the two areas complement each other when it comes to guaranteeing the maximum well-being of the elderly and / or dependents:

It helps them to be as autonomous as possible: get out of bed, wash up, eat ...

Reduces the risk of pathologies associated with lack of mobility, even when it comes to passive exercises.

Relieves chronic discomforts derived from locomotor problems and mitigates the body's perception of pain.

It favors a faster recovery after a possible fall.

Other benefits of physical therapy when it becomes routine practice

Talking about geriatric physiotherapy requires talking about the long term. Mark Berger Villa Healthcare shares that the positive effects of these practices may not be seen after the first session but will be seen as time goes on. And the highlight of all: they are not only reduced to an improvement in the locomotor capacities of the elderly but in many other aspects of their health and well-being.

Provides the necessary tools to gain self-confidence.

It brings security and energy, a desire to continue feeling useful.

Reduces stress and anxiety.

It favors the quality of sleep.

Increase mental health.

Reduces the risk of other pathologies (diabetes, overweight, colon cancer, osteoporosis ...).

It prevents cardiovascular accidents and circulatory problems.

According to Mark Berger Villa Healthcare [academic publications](#), during old age, it is normal for there to be a decrease in physical activity due to fatigue, motor dysfunctions and a progressive loss of abilities such as balance, strength or endurance. However, there are ways to delay the wear and

tear that the body experiences and physiotherapy in older people has established itself as an interesting therapeutic alternative.