

Conservative Management of Shoulder Pain in Older Patients

Basti J.

Background: The growth of the geriatric population and the requirements to maintain their function and quality of life has contributed to an increase in the use of rehabilitation as a therapeutic intervention to treat these patients. Shoulder dysfunction can have a profound effect on function and quality of life. The degenerative process alone that occurs as people age, paired with recent or past trauma can develop into pain, decreased or loss of motion, weakness, impaired or loss of function. Many of these elderly patients are not candidates for surgical intervention and require conservative treatment.

Purpose: The purpose of this presentation is to present a clinical strategy of treatment based on scientific literature, sound mechanical and biomechanical principals as well as clinical experience to attain a maximum outcome.