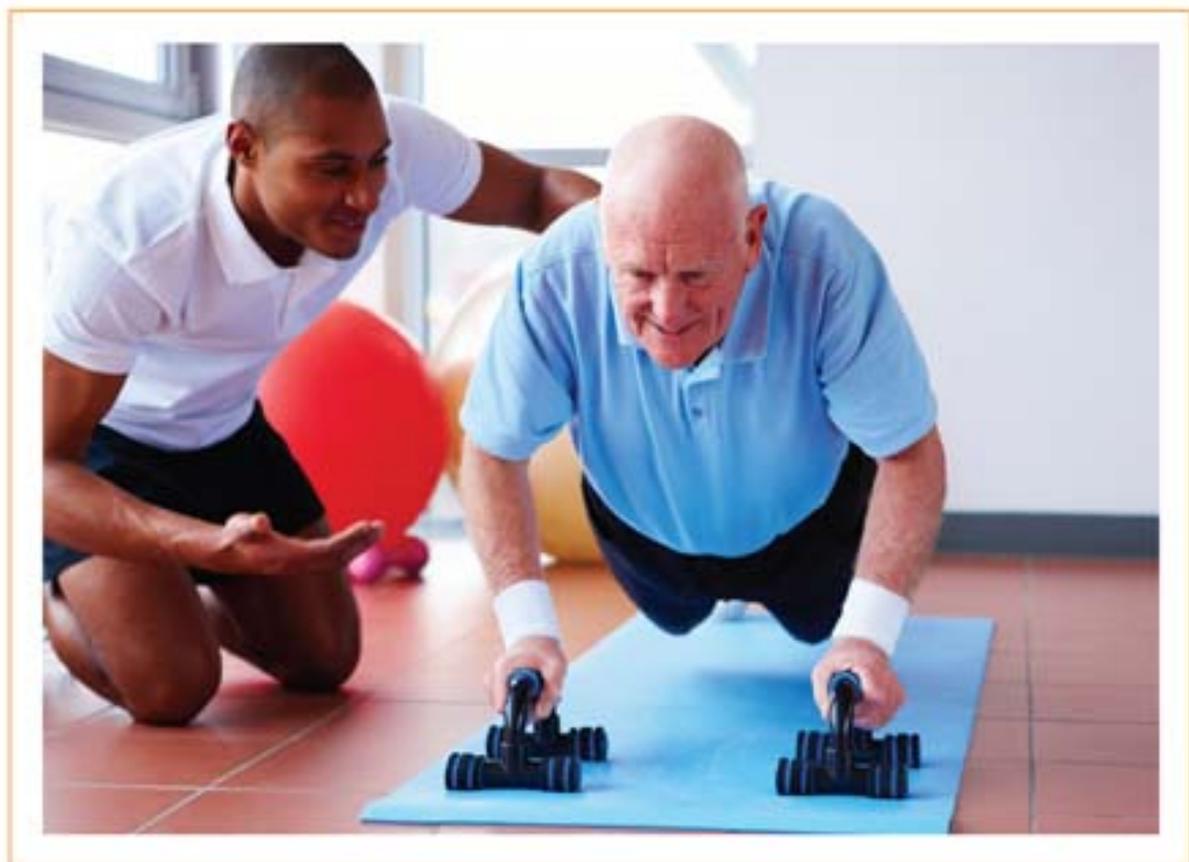


Rehabilitation Medicine Quick Reference

Ralph M. Buschbacher

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GERIATRICS



Geriatrics

Rehabilitation Medicine Quick Reference

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Series Foreword

The Rehabilitation Medicine Quick Reference (RMQR) series is dedicated to the busy clinician. While we all strive to keep up with the latest medical knowledge, there are many times when things come up in our daily practices that we need to look up. Even more importantly...look up quickly.

Those aren't the times to do a complete literature search, or to read a detailed chapter, or review an article. We just need to get a quick grasp of a topic that we may not see routinely or just to refresh our memory. Sometimes a subject comes up that is outside our usual scope of practice, but that may still impact our care. It is for such moments that this series has been created.

Whether you need to quickly look up what a Tarlov cyst is, or you need to read about a neurorehabilitation complication or treatment, RMQR has you covered.

RMQR is designed to include the most common problems found in a busy practice and also a lot of the less common ones as well.

I was extremely lucky to have been able to assemble an absolutely fantastic group of editors. They in turn

have harnessed an excellent set of authors. So what we have in this series is, I hope and believe, a tremendous reference set to be used often in daily clinical practice. As series editor, I have of course been privy to these books before actual publication. I can tell you that I have already started to rely on them in my clinic—often. They have helped me become more efficient in practice.

Each chapter is organized into succinct facts, presented in a bullet point style. The chapters are set up in the same way throughout all of the volumes in the series, so once you get used to the format, it is incredibly easy to look things up.

And while the focus of the RMQR series is, of course, rehabilitation medicine, the clinical applications are much broader.

I hope that each reader grows to appreciate the RMQR series as much as I have. I congratulate a fine group of editors and authors on creating readable and useful texts.

Ralph M. Buschbacher, MD

Preface

Persons at or over 85 years of age represent the fastest growing segment of U.S. society. As our population ages and becomes increasingly susceptible to a myriad of acute and chronic disabling and potentially disabling conditions, there will be an increased opportunity to seek care from physiatrists and other rehabilitation professionals. Accordingly, in the near future, few of us in the rehabilitation field will be able to ignore meeting the increasing health care needs of the aging population.

The goal of this book is threefold: to provide sound, practical, useful, and readily available information about the “normal aging” process as manifested in several body systems of interest to rehabilitation professionals and assessment methods to measure these manifestations; to provide essential information about common

aging-associated diseases and disorders affecting relevant organ systems, including central and peripheral neurologic systems, the musculoskeletal and rheumatologic systems, among others; and finally, to provide information about a broad range of special geriatric rehabilitation topics, from aging with a disability, exercise and pain management in the elderly person to polypharmacy, and rehabilitation in several different health care settings.

Armed with this information, we anticipate that the physician and other providers will be better able to care for and provide education and prevention for older patients to keep them healthier, happier, and more functionally independent.

Kevin M. Means, MD
Patrick M. Kortebein, MD

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and other rehabilitation, aging, and other specialists across the U.S. We would also like to thank our respective wives, Barbara Means and Betsy Kortebein, and families for their support during the many hours of planning and writing of this book. We owe special thanks to Jennifer Crow for her tireless and excellent assistance coordinating and communicating with the authors.

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