



World
PT Day
2025



HEALTHY AGEING AND FRAILITY

What is frailty?

Anyone can experience frailty due to inactivity, disease, trauma, or persistent pain, however it is more common in older age.

Around 12% of people globally aged 50 years and over are diagnosed as having frailty and around 46% as being pre-frail, however the prevalence of frailty varies throughout the world.

Symptoms of frailty

- feeling **exhausted**
- feeling **weak**
- moving around **slowly**
- having trouble with **balance**
- **losing weight** without trying

Frailty is not an inevitable part of ageing - it is a long-term condition that can be made better or worse.

✗ MYTH



I'm too old to start lifting weights



I shouldn't exercise; I might fall



Weights will damage my joints



It's too late to make a difference

VS



✓ FACT

Older adults respond similarly to younger individuals with exercise and strength training

Strengthening your muscles improves balance and helps to reduce the risk of falls

Weights can strengthen the muscles around the joints. This can help prevent joint injuries, and improve overall joint health

It's never too late! The benefits of strength training can occur at any age!

How can physiotherapy help?

Physiotherapy can help you be as active as possible – people who are more active are up to 41% less likely to have frailty.

A physiotherapist can develop an exercise programme for you and show you how to gradually increase the resistance and intensity to prevent and treat frailty. This will help to prevent loss of strength and muscle (sarcopenia) and make you fitter by increasing your aerobic and lung capacity. A physiotherapist can help you:

- **move better** and improve your **mobility**
- improve your **balance and strength**
- find an **aerobic exercise** you enjoy and recommend the length of time you should be doing it
- return to the **activities you enjoy** doing
- **manage** any acute and chronic **pain**
- **address any fears** you may have about exercising

A physiotherapist will also work with other members of your health team, such as medical doctors, occupational therapists, nutritionists and counsellors, to find the right services and treatment for you.



People receive benefit from strength training at all ages.
Speak to a physiotherapist about how to strength train safely.



World
Physiotherapy

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