



## The Changing Scenario of Geriatric Orthopedics- Is Wholistic Orthopedics the Answer?

John Ebnezar<sup>1\*</sup>, Yogita Bali<sup>2</sup>, Rakesh John<sup>3</sup>

<sup>1</sup> Consulting geriatric orthopedic surgeon and Wholistic Orthopedic Expert, Parimala Health Care Services, Bilekahalli, Karnataka, India.

<sup>2</sup> Aayush Ayurvedic and Yoga Center, Arakere, Bangalore, India.

<sup>3</sup> Consulting orthopedic surgeon, Parimala Health Care Services, Karnataka, India.

\*Corresponding author, Email: johnebnazar@gmail.com

---

### Abstract

*Introduction* - Geriatric Orthopedic Problems is steadily on the rise globally thanks to the increasing life span and improved health care as a result of which people are living longer. It encompasses a wide spectrum of geriatric orthopedic conditions like osteoarthritis, neck pain, low back pain, frozen shoulder, rheumatic diseases, osteoporosis etc. They not only cause varying degrees of physical pain but causes mental, emotional, social and financial disturbances leading to stress, anxiety and depression. It is usually accompanied by multiple co-morbidities, co-musculoskeletal problems, co-mental and social issues. This could adversely affect the treatment and ultimately affect the quality of life and can be a great source of socio-economic burden to the society. Conventional treatment methods like drugs, physiotherapy and surgery cannot provide an effective answer as it fails to address the associated peculiar challenges of Geriatric orthopedic problems' (GOP's) thus creating an orthopedic health care dilemmas. Yoga, an ancient Indian art, is known for its holistic healing. *Methodology*- We conducted an randomized controlled trial (RCT) on 250 patients with osteoarthritis knees who underwent a 3 week conventional treatment (Control Group) and integrated yoga therapy as an add on (Study Group). *Result and discussion*-Our study showed that when compared to conventional treatment, yoga group showed better results in pain, movements, walking time, knee disability, stress scores and overall quality of life. *Conclusion*-When combined with modern medical treatment as an add-on, integrated yoga therapy provides an effective answer to the geriatric orthopedic problems like osteoarthritis of the knees and may help solve the dilemmas of orthopedic health care in the management of complex geriatric orthopedic problems.

**Key words:** Geriatric Orthopedic Problems (GOP), Yoga, Osteoarthritis, Wholistic orthopedics

---