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Ageing with spinal cord injuries and preventing complications

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Spinal cord injury (SCI) in elderly patients is increasingly common and the prevalence of spinal injuries among older adults has been increasing more and more. The spinal cord injury (SCI) affects different systems such as sensory, motor, autonomic nervous system generating a clinical picture of paraplegia or quadriplegia both accompanied by many organ dysfunctions. The individual with SCI typically is young at the time of injury and as a result of the SCI, experiences an immediate reduction of some of the functional reserves and capacities. The patient with SCI experiences a more rapid development of characteristics related to normal ageing. The mechanism of trauma and patterns of SCI differ from those in younger patients. Additionally, the high prevalence of degenerative changes and stenosis in the elderly population may influence the clinical presentation and treatment patterns. Systemic medical issues and severity of neurological injury may contribute to the extremely high mortality rate in elderly patients. The elderly patients who survive SCI have the potential for meaningful functional and neurological recovery and require directed rehabilitation to this end so the prevention of ageing related complications are very important in patient with SCI. The learning objectives are to describe ageing process in able bodied people; to highlight physical and psychological impact of spinal cord injuries (SCI); to explain differences in ageing between able bodied and SCI people; and to explore prevention of ageing related complications in people with SCI.

Recent publications

1. Tarik Zetica (2017) Neuro-Developmental Treatment for the patient suffering from the hemispatial sensory neglect due to stroke: Case report, KW-17.
2. Suad Trebinjac, Tarik Zetica, Skikic E M (2009) The effects of McKenzie exercises for patients with low back pain, our experience. Bosnian Journal of Basic Medical Sciences 3(4):70-75
3. Suad Trebinjac (2017) Regenerative Treatments in Sports and Orthopedic Medicine; Chapter 8-Platelet-Rich Plasma to Enhance Orthopedic Procedures. ISBN 9781620701126.
4. Mahmoud Ezzat Nazzal, Mohammed Ahmed Saadah, Loai Mohammed Saadah and Suad Mustafa Trebinjac (2009) Acute ischemic stroke: Relationship of brain lesion location & functional outcome. Disability and Rehabilitation 31(18):1501-6.

Biography

Tarik Zetica is a Physical Therapy Coordinator and Assistant Manager at Rehafit MHMC Kuwait where he works for last four years. He graduated at University of Sarajevo, Faculty of Health Sciences. He has years of experience in research, evaluation, teaching and administration, physiotherapy department management, initiating appropriate treatment intervention based on clinical assessment and clinical research. He has spent few years in managing and coordinating a multi-disciplinary team to assess, diagnose, intervene, plans and support athletes across all sports in Asia, within the Olympic program to overcome their injury and return to performance. For the last few years he is performing clinical assessments, setting goals and providing treatment plans for clients mainly acute and chronic musculoskeletal disorders including neck and back pain, joints, muscles, tendons, ligaments disorders, pain management and rehabilitation of sports injuries and neurological disorders including stroke, brain injuries, spinal cord injuries.

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