

# CAPAGE

Promoting academic and professional excellence in health care  
to meet the challenges of aging in Sri Lanka

## Polyneuropathy in Elderly Tutorial



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## Tutorial

### Healthy Aging and Management in Older Adults for Physiotherapists: Common Illness and Conditions Associated in Elderly: Neurological Disorders

#### Polyneuropathy in Elderly

Read the following scenario and answer the questions

1. A 72-year-old man residing in an elderly care home has a 20-year history of type 2 diabetes mellitus, managed with oral hypoglycemic drugs and dietary modifications. He presents with progressive numbness and tingling in both feet over the past few years, which has recently been accompanied by intermittent burning pain, particularly at night, disturbing his sleep. He reports occasional sharp, shooting pains along the toes and soles, and notes that his feet often feel cold

The patient also describes an unsteady gait, frequent tripping, and difficulty maintaining balance, especially on uneven surfaces. He has a history of occasional falls in the past year.

- 1.1 Outline a physiotherapy assessment protocol for the patient described above, including potential findings, structured according to the SOAP (Subjective, Objective, Assessment, Plan) framework.
- 1.2 Identify and list the short-term and long-term goals for the physiotherapy management of this patient.
- 1.3 Describe the physiotherapy management plan, aligned with the stated objectives and goals.

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