

ISPRM COMMITTEE OPERATIONAL GUIDELINES -

ISarcoPRM - Special Interest Group (SIG)

December 2019

1. Name

- **Background**

The current evidence suggests that the human population is getting older and that in the field of medicine, physicians will increasingly face with several problems of the elderly. Among those, sarcopenia has started to receive intriguing concern in the pertinent literature. It is usually described to be a geriatric syndrome characterized by progressive and generalized loss of skeletal muscle mass and strength, with a risk of adverse outcomes such as physical disability, falls, poor quality of life and death (1). Of note, while sarcopenia was known for many years, the relevant discussions have actually skyrocketed after geriatrics/geriatricians focused on the topic. For instance, an important consensus paper was published in 2010 by the European Working Group on Sarcopenia in Older People (1) and the same group released their update on the definition and diagnosis of sarcopenia in 2018 (2).

Looking into the issue from the PRM side, we have published an editorial where we highlighted the 'musculoskeletal gap' as regards the management of these cases in a holistic approach (3). Yet, the aforementioned working group (1) comprises a collaboration of four societies - two of geriatricians and two of nutritionists. Herein, making a self-criticism; physiatrists who already have the strong musculoskeletal background to tackle this clinical problem, seem to have been 'relatively reluctant' as far as the scientific productions on the topic are concerned.

Importantly, with the accumulating body of evidence, it is well accepted that the 'stethoscope' of physiatrists (i.e. musculoskeletal ultrasound imaging) can also play role in the diagnosis and management of sarcopenia (4-6). Accordingly, it is high time that PRM physicians started to overwhelm in the academic arena. With all these said, we thought that a new Special Interest Group of ISPRM would be the right/strong address to 'set the fire'.

2. Goal

To provide a strong musculoskeletal approach for the definition, diagnosis, classification and management of sarcopenia.

3. Working Plan

The group will first release a paper on the definition/diagnosis on sarcopenia.

2. At the 2nd step, management of sarcopenia with special emphasis on exercise and

functionality will be discussed/published.

3. Local or international studies to provide better insight on sarcopenia will be designed.

4. Membership

a. **Joining.** Candidates must be active ISPRM members and email the ISPRM office with CV and short presentation (isprmoffice@aimgroup.eu)