

STRENGTHENING LIVES THROUGH GLOBAL ACTION ON BONE AND MUSCLE HEALTH

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n a quiet but powerful shift, 2025 has seen global health leaders, turning their full attention towards something we all rely on, yet often overlook:

the strength and resilience of our bones and muscles. The World Health Organization (WHO) has taken a defining step by expanding its Rehabilitation 2030 program and reinforcing its care strategy for older adults through updated ICOPE (Integrated Care for Older People) guidelines. These efforts place musculoskeletal health at the forefront of global well-being, a move long overdue.

At Aboujaoudé Hospital, we are committed to aligning our care with these global standards. We've begun integrating this framework across several departments and have launched awareness efforts for our community to help people understand the importance of early intervention in preserving muscle strength and bone density.



By recognizing the signs of decline early we can dramatically improve outcomes for people of all ages.

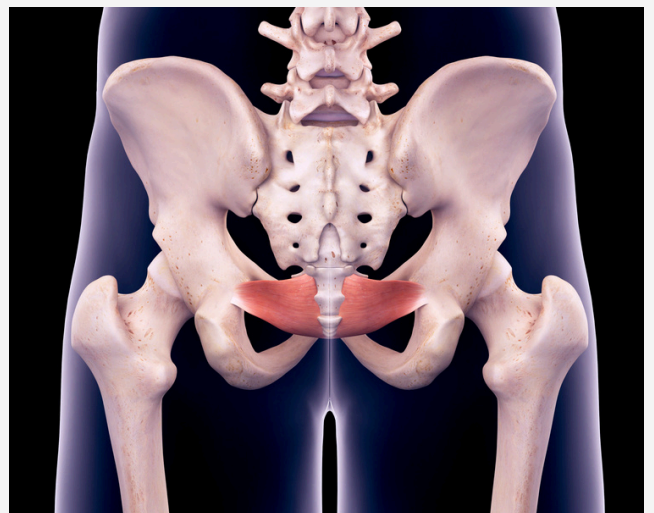
The global impact of musculoskeletal conditions is enormous. Low back pain, osteoporosis, joint disorders, and age-related muscle loss affect an estimated 1.7 billion people around the world. These conditions quietly erode independence and quality of life, often leading to falls, long recoveries, or permanent disability.

In response, WHO's newly released package of recommended interventions provides clear, scalable tools for health systems. These include rehabilitative exercises, pain education, and early physiotherapy—all evidence-based and adaptable in both urban and rural healthcare settings.

What sets this new framework apart is its emphasis on simplicity and action. Health workers at all levels, from physicians to community nurses, are encouraged to identify early signs of weakness or mobility loss and act quickly. ICOPE guidelines also focus on what the WHO calls “intrinsic capacity,” encouraging care teams to help older adults retain the physical function that lets them live independently.



This is more than policy; it's a quiet revolution in how we think about aging, pain, and physical resilience. It invites us to stop treating muscle and bone health as inevitable losses and start seeing them as areas we can protect and strengthen throughout life. We're proud to be part of this new chapter, one that sees strength not just as something physical, but as something deeply human.



At Aboujaoudé Hospital, we've begun applying these guidelines in geriatric evaluations and outpatient follow-ups, with a strong emphasis on patient education and empowerment.

References

- World Health Organization. Rehabilitation 2030: Strengthening Health Systems. Retrieved June 2025.
- WHO. Musculoskeletal health interventions: A package of evidence-based guidance. 2025.
- WHO. ICOPE Handbook & Guidelines for Integrated Care for Older People. Revised 2025.