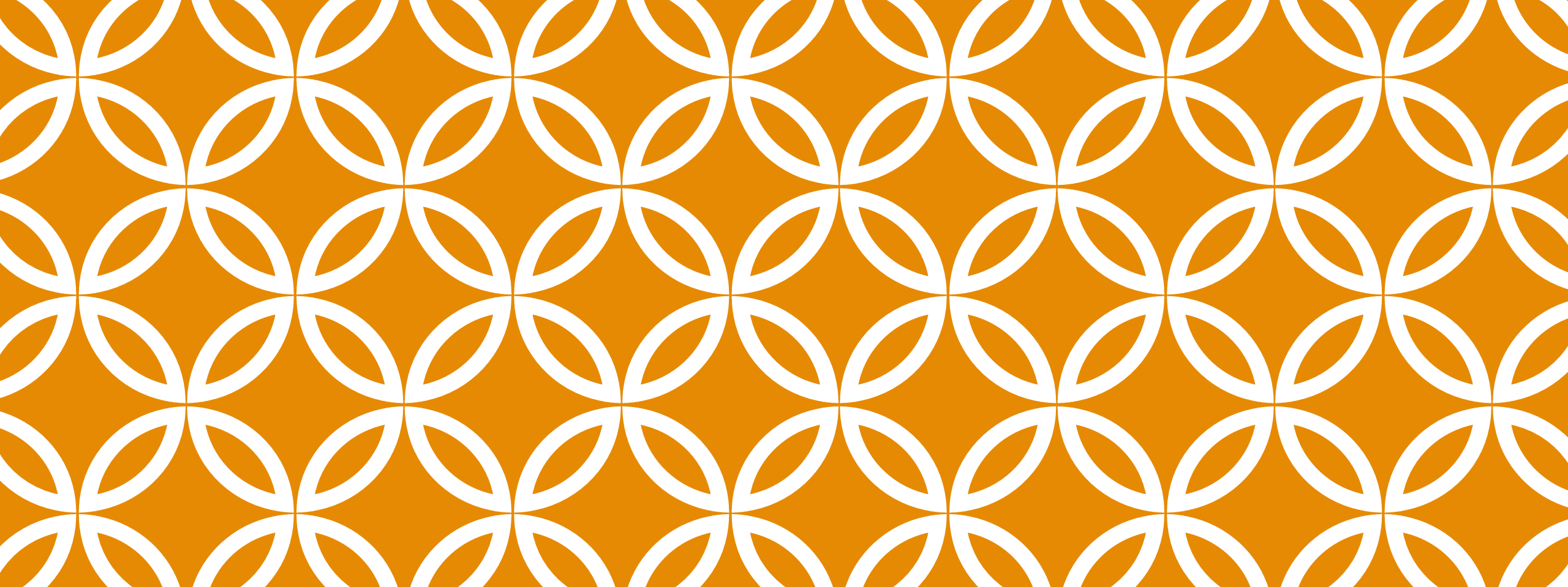




OVCi la Nostra Famiglia
PASS Project [AID 10932]
Promotion of the autonomy of PwD in South Sudan
Financed by Agency for Development Cooperation

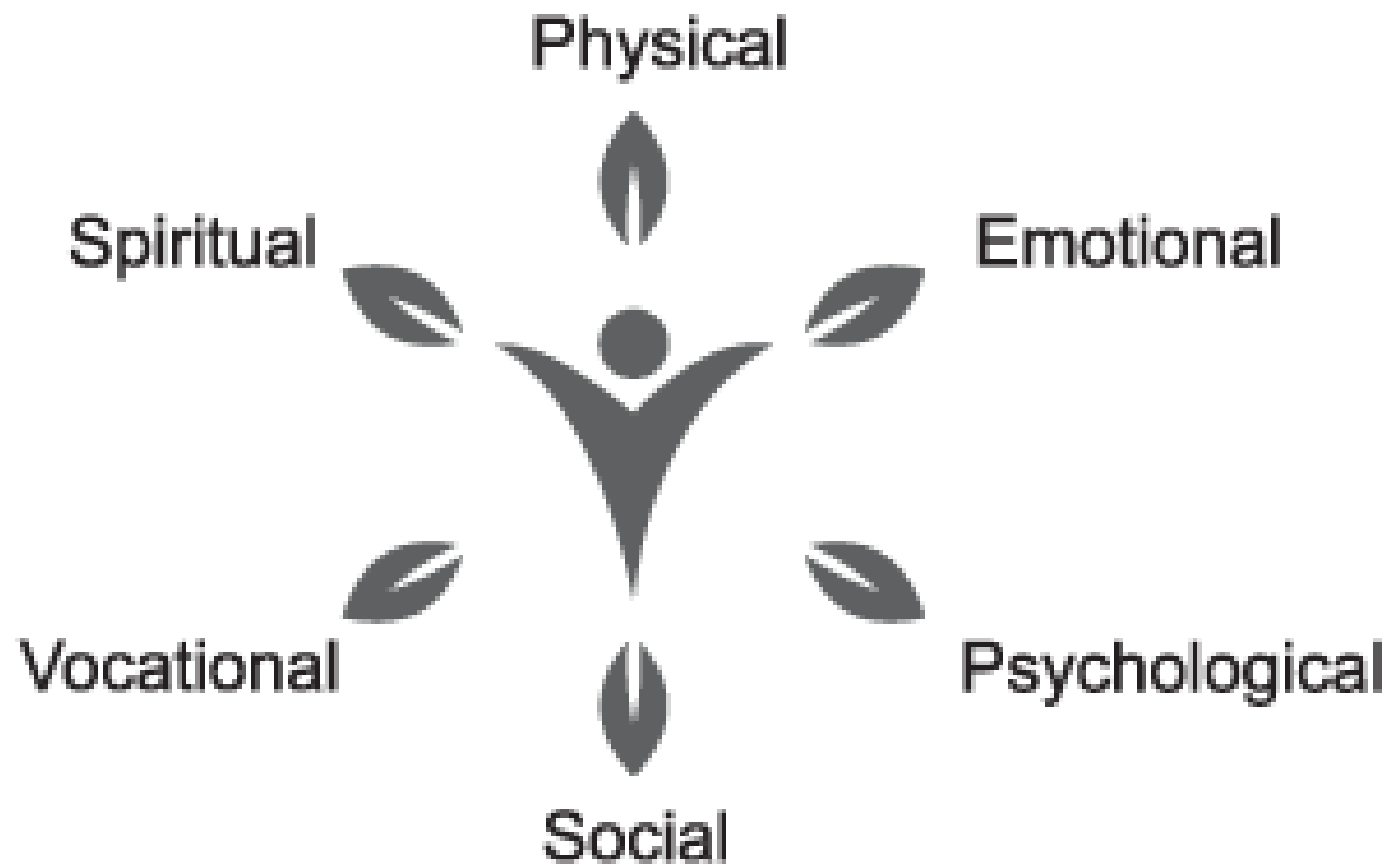




REHABILITATION

Rehabilitation is the act of **restoring** something to its **original state**

The process of helping a person who has suffered an illness or injury **restore** lost skills
and so **regain** maximum **self-sufficiency**



Activities of Daily Living



Eating



Bathing



Dressing



Transferring



Toileting



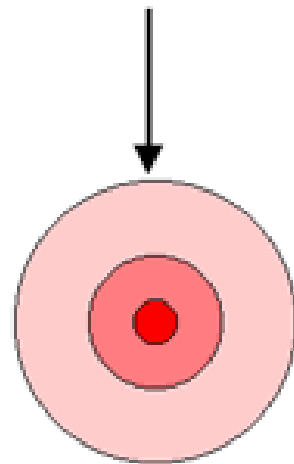
Walking or
moving around

Rehabilitation

Main components and goals

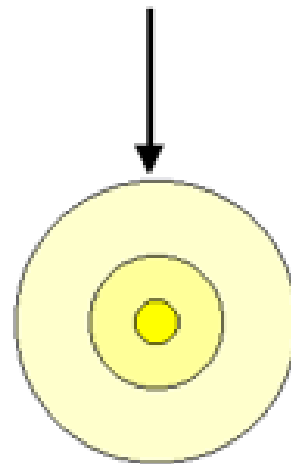
BODY

Somatic
and
Psychological



FUNCTIONS

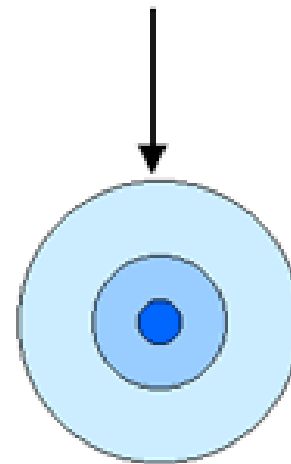
Skills



ENVIRONMENT

Adaptations

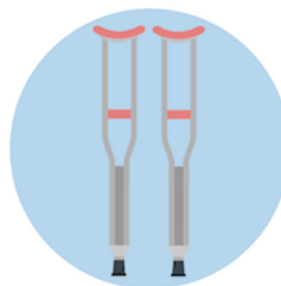
- Physical
- Psychological
- Social



WHAT IS PHYSIOTHERAPY



“Physiotherapy develops, maintains and restores body movement and function.”

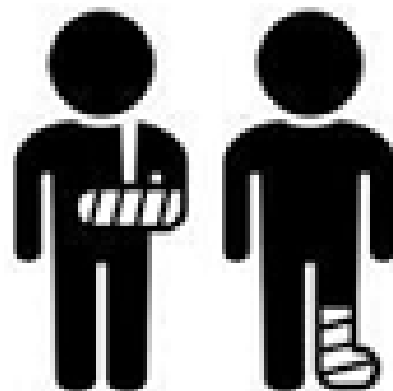


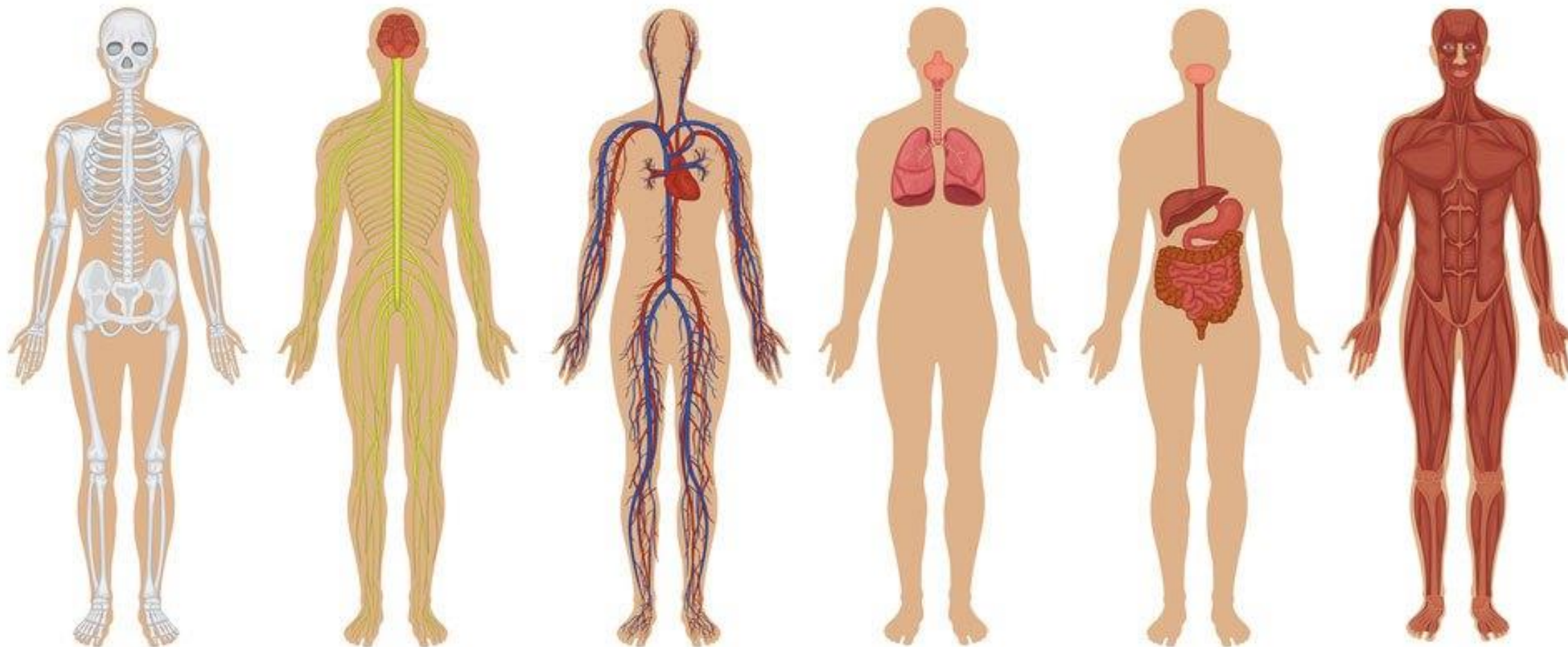
Physiotherapy helps patients recover from physical difficulties and movement loss, enabling to maximise quality of life.



Example:

If someone suffers from a knee injury due to a sports accident, physiotherapy can help to restore the person's knee function.







*Medical History
And
Diagnosis*

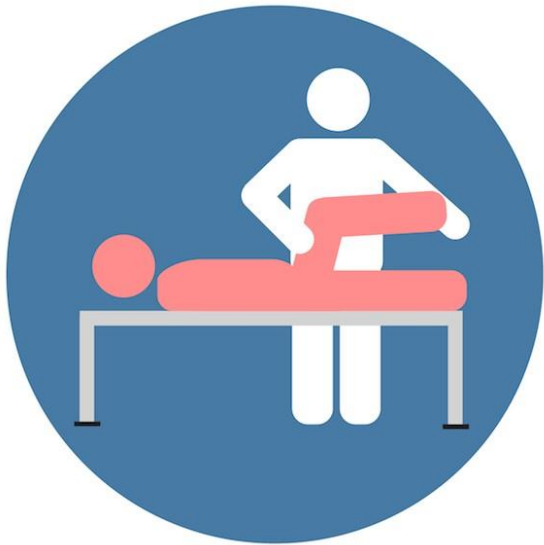


Communication



*Rehab goals
And
Timing*

Joint Mobilization



Joint mobilization is an example of a hands-on treatment and is a form of passive movement. This usually involves applying force that would mimic the glide that happens in between the bones.

This technique is usually graded and is varied based on two factors: pain tolerance of the patient and the acuity of the patient's condition.

The main aim of joint mobilization is to restore the normal joint play that might have been compromised by damage or injury

Joint Mobilization



It is important to watch out for the rare **complications** of joint mobilization and manipulation like dislocation, fracture, tendon or muscle injury and nerve damage.

Joint Mobilization

Passive

Active - Assisted

Active



Mobility Aids



What is an assistive device?

Assistive devices and technologies are those whose primary purpose is to **maintain** or **improve** an individual's **functioning** and **independence** to facilitate **participation** and to enhance overall **well-being**. They can also help **prevent** impairments and secondary health conditions (like?)

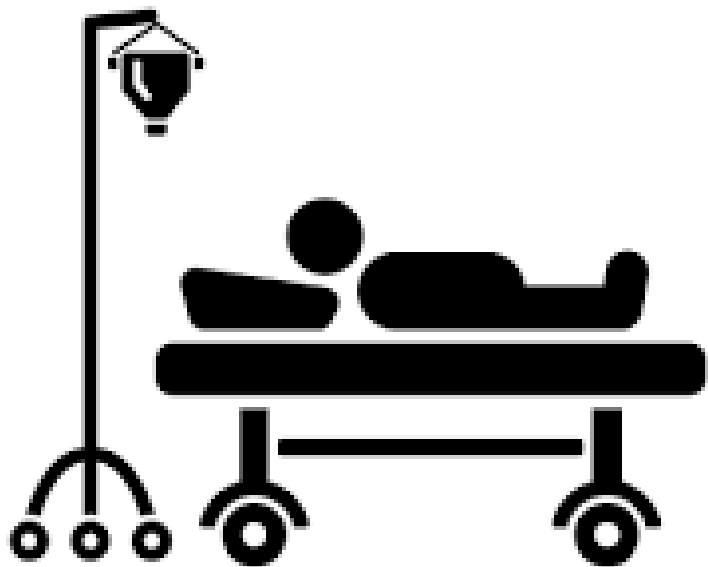
Examples of assistive devices and technologies include: wheelchairs, walkers, crutches, prosthetic devices, and orthotic devices. They will increase mobility.

It is in general, every kind of instrument that allows a better execution of **daily activities**.

The purpose of devices :

- *Promote a “good” posture and avoid “bad” postures*
 - *Maintain a good alignment (support and positioning)*
 - *Promote, through a good posture, the participation of the person in daily activities and relations (eating, speaking, playing ...)*
 - *Allow the person the maximum of his capacities and functioning (mobile devices)*

Why Mobilization is Important During Hospital Stays



As early as the second day of a hospital stay, deconditioning linked to mobility begins to occur in a patient's baseline assessment.

Early mobilization during hospitalization is safe and improves patient's outcomes, yet is an area most frequently missed during a patient's time in the hospital.

Why Mobilization is Important During Hospital Stays



Increased mobility is beneficial in muscle **strengthening** and joint **flexibility**.

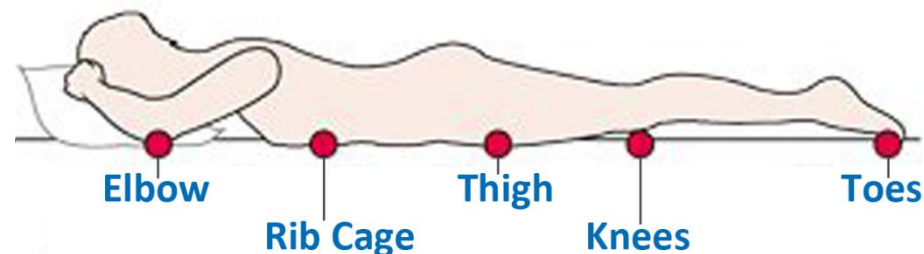
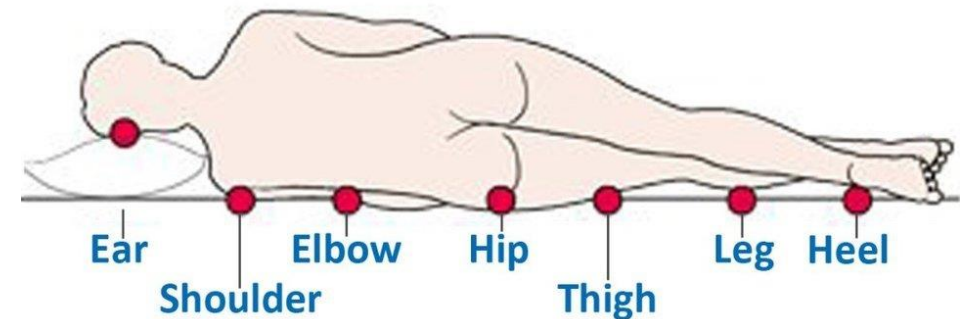
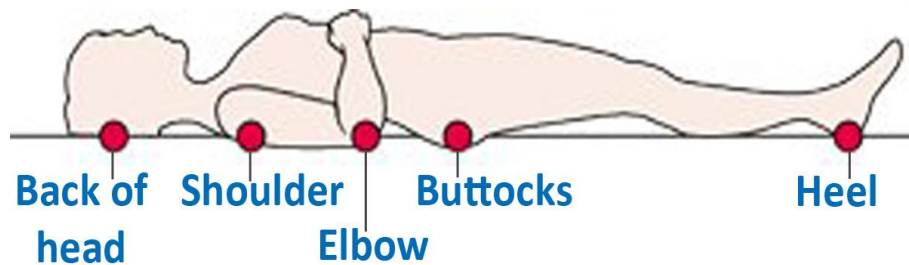
A decrease in pressure ulcers and deep vein thrombosis, as well as less falls due to balance, is reported. There is also evidence that mobilization increases a positive **sense of well-being**.

With concentrated efforts on **early mobilization**, patients have a greater chance to return home with home health rather than needing rehabilitation for balance training, muscle strengthening and joint flexibility.

Pressure sores

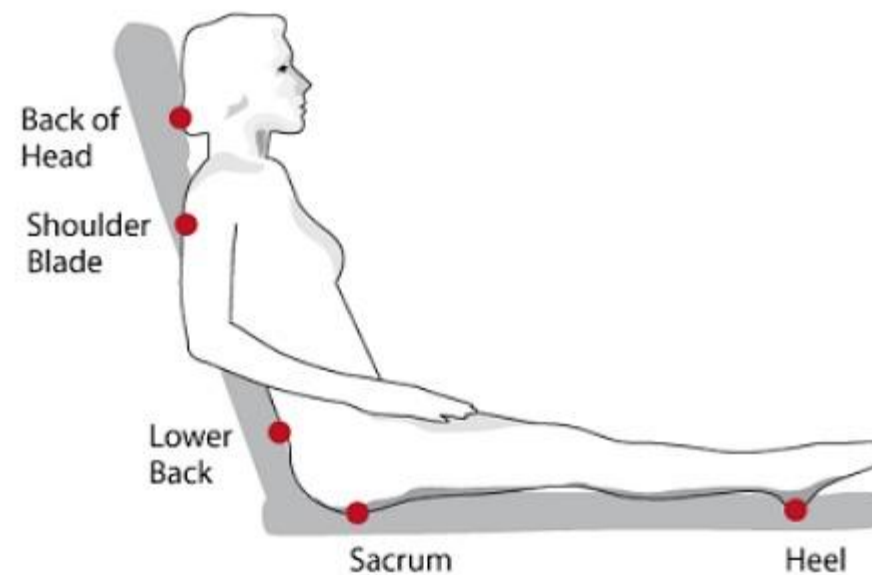
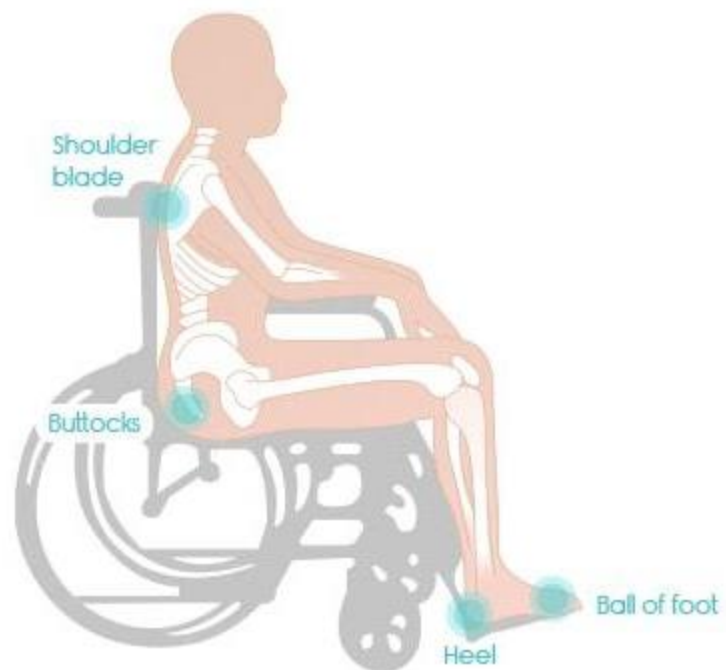
Pressure ulcers, also known as **pressure sores**, **bedsores** or **decubitus ulcers**, are localized damage to the skin that usually occur over a **bony prominence** as a result of pressure, or pressure in combination with shear or friction.

The most common sites are the skin overlying the sacrum, coccyx, heels or the hips, but other sites such as the elbows, knees, ankles, back of shoulders, or the back of the cranium can be affected.



Pressure sores

Sitting



Discharge



“**Condition** at time of **Discharge**” refers to the clinical status of the patient upon discharge, as determined by the discharging physician. The example of 'stable' would be acceptable. A condition of 'Unstable' at the time of discharge would, however, lead one to rethink the appropriateness of the discharge.