SNS COLLEGE OF PHYSIOTHERAPY
COIMBATORE-35

COURSE NAME : BPT., Physiotherapy IV Year
SUBJECT : Rehabilitation
UNIT : I
TOPIC : Introduction to Rehab
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Definition

Definition of Rehabilitation

* WHO (1981): “Rehabilitation is the use of all means aimed at reducing the impact of disabling and handicapping conditions and enabling people with disabilities to achieve optimal social integration.”

- Simplified: A process that helps a person with physical/mental disability to maximize independence and quality of life.

Disabled Person Integrating into Society

- Inclusion
- Participation
- Community Engagement

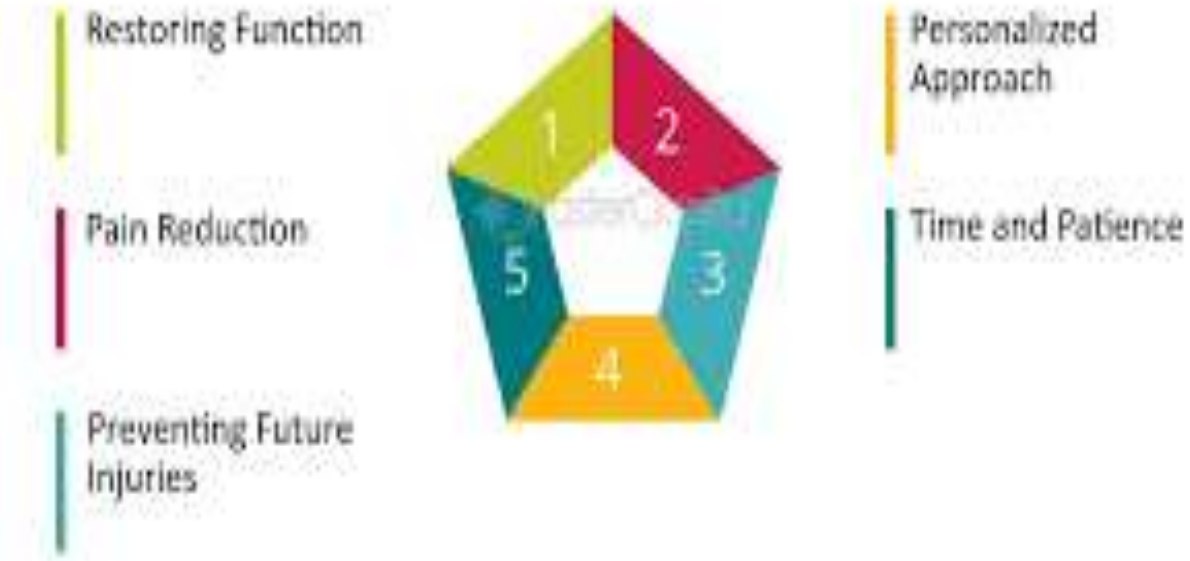
Aims

Aims of Rehabilitation

- Restore function to the highest possible level.
- Promote independent living.
- Reduce complications and prevent disability progression.
- Enhance vocational potential and social participation.
- Improve psychological well-being.
- Support family and caregivers in coping with disability.

Importance of Rehabilitation

1. Restoring Function
2. Pain Reduction
3. Preventing Future Injuries
4. Personalized Approach
5. Time & Patience



Principles

Principles of Rehabilitation

1. Early intervention – start rehab as soon as possible.
2. Holistic approach – physical, psychological, social, vocational, spiritual.
3. Teamwork – interdisciplinary collaboration.
4. Patient-centered care – goals set with patient and family.
5. Continuum of care – acute → post-acute → community → vocational rehab.
6. Maximization of residual capacity – focus on what the patient can do.
7. Use of assistive technology – orthoses, prostheses, wheelchairs, communication aids.

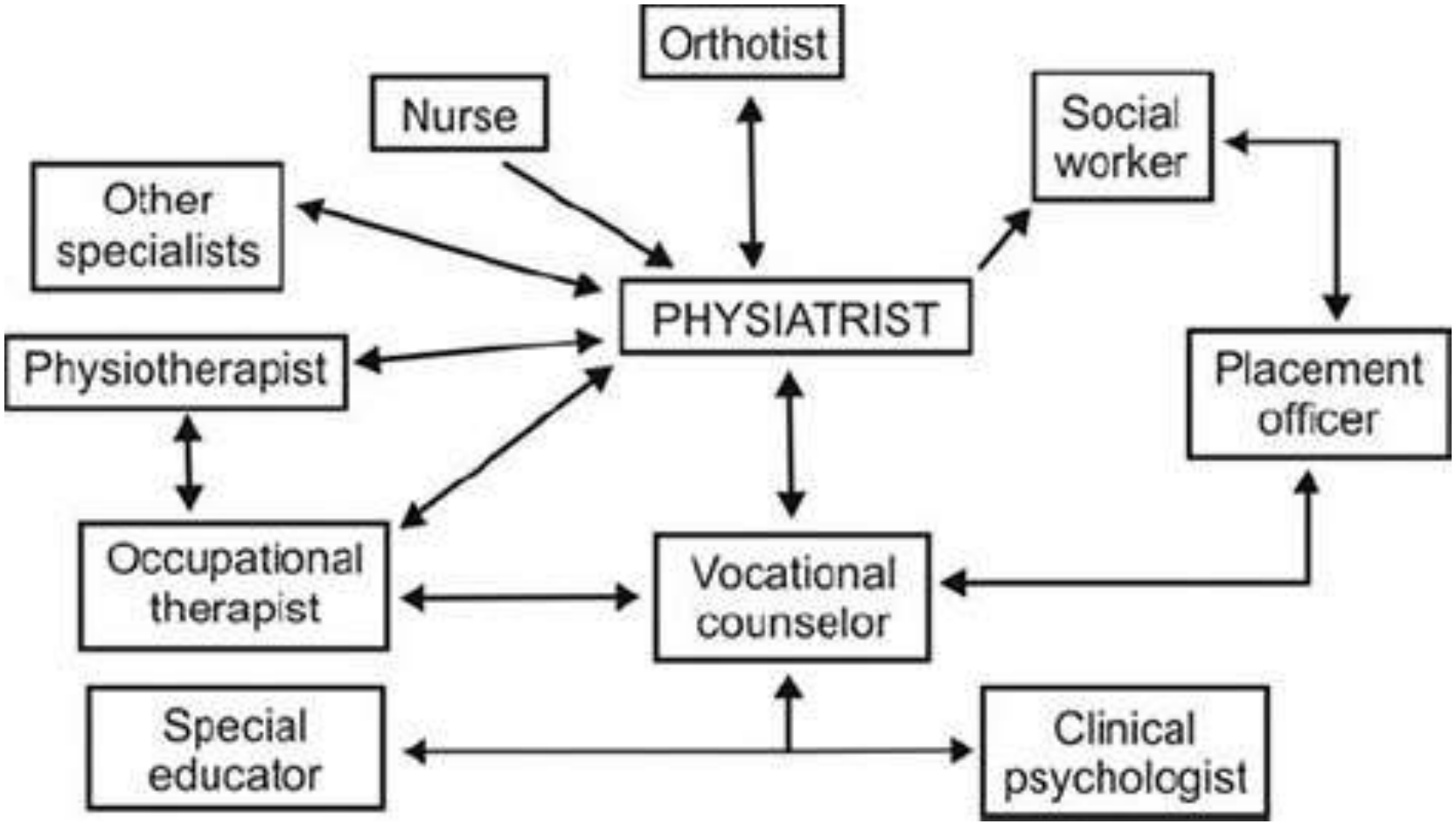
Principles

1. Easy to access for all
2. Provided at Right time
3. Realistic & Meaningful
4. Integrated
5. Innovative & Ambitious
6. Delivered by Skilled Person

Rehabilitation Team Core Members

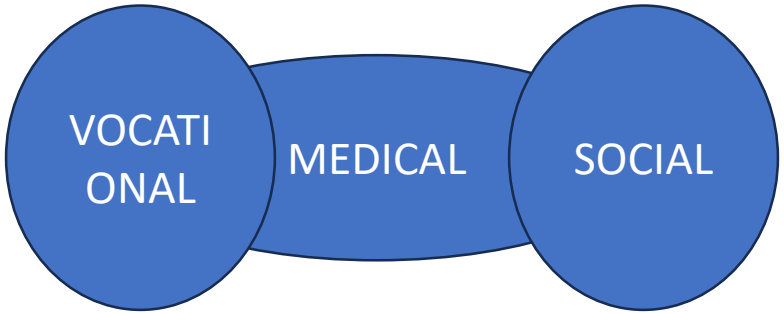
- Physiatrist (Rehabilitation Physician) – medical leader of team.
- Physiotherapist – improves mobility, strength, balance, gait, function.
- Occupational Therapist – trains in daily living skills (feeding, dressing, work activities).
- Nurse – assists with medical care, prevention of complications (e.g., bed sores).
- Speech Therapist / Audiologist – manages communication and swallowing disorders.
- Psychologist / Counselor – manages stress, depression, adjustment issues.
- Social Worker – links family with resources, addresses financial/social needs.
- Prosthetist & Orthotist – designs and fits devices.
- Vocational Counselor – guides for employment.

Rehabilitation Team Core Members



Scope of Rehabilitation Medicine

* Medical rehabilitation – post-stroke, SCI, polio, CP, amputations.
* Social rehabilitation – reintegration into family and community.
* Vocational rehabilitation – employment training, sheltered workshops.
* Educational rehabilitation – schooling for disabled children.



Role of Physiotherapist in Rehabilitation

* Evaluate impairment and functional limitation.
* Plan and implement exercise therapy, mobility training.
* Prevent secondary complications (e.g., contractures, pressure sores).
* Train in walking aids, orthoses, prostheses.
* Encourage independence in daily life activities.
* Work with family and caregivers for home programs.

Case Example

Case Example

A 28-year-old male with T12 spinal cord injury following road traffic accident:

* Early phase: prevention of bed sores, chest physiotherapy.
* Later phase: strengthening upper limbs, wheelchair training.
* Community phase: vocational guidance for computer-based job.

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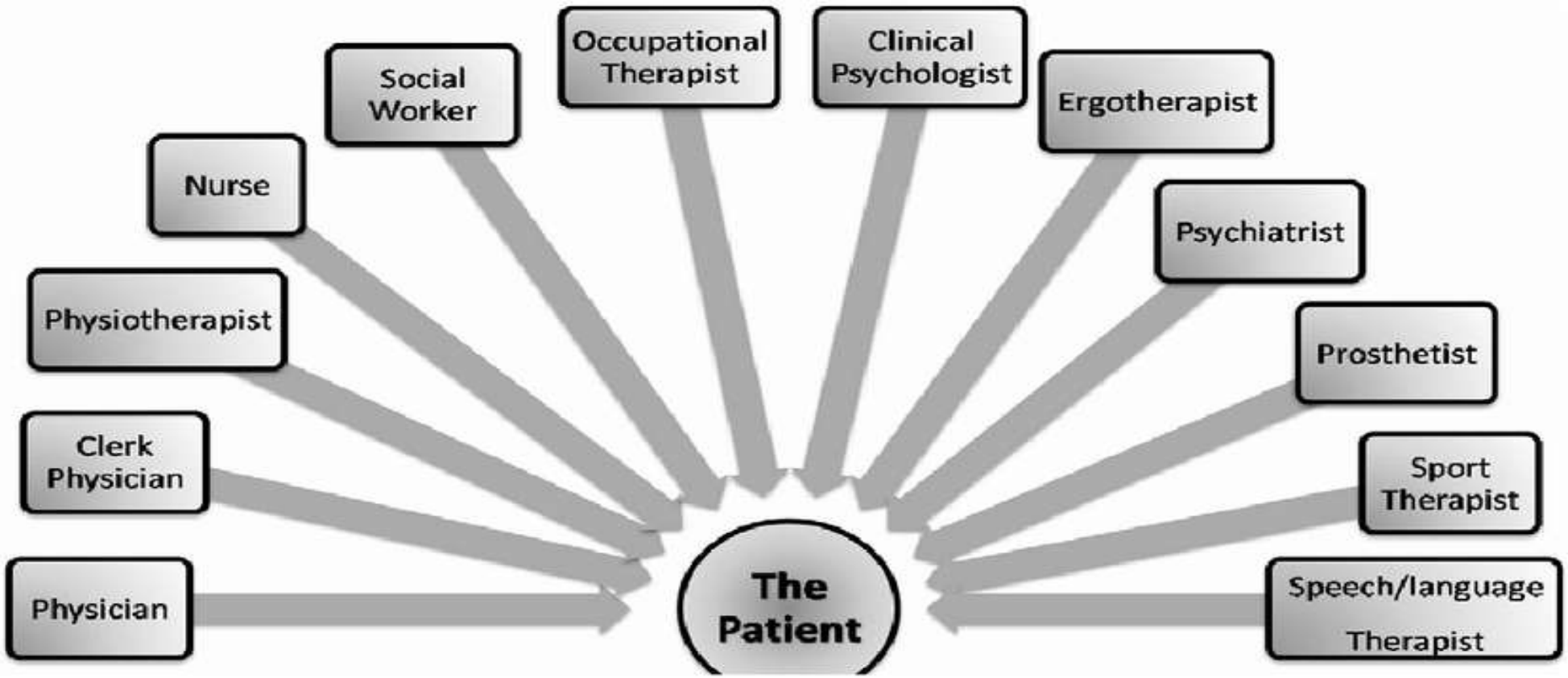
Occupational Therapist
Clinical Psychologist
Social Worker
Ergotherapist
Nurse
Psychiatrist
Physiotherapist
Prosthetist
Clerk Physician
Sport Therapist
Physician
The Patient
Speech/language Therapist