



# Physical Therapy in SCI

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# What is Physical Therapy?

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Physical Therapy is a healthcare profession dedicated to the promotion of mobility thereby maximizing an individual's capacity to complete daily activities and fulfill social engagements with as much independence as possible

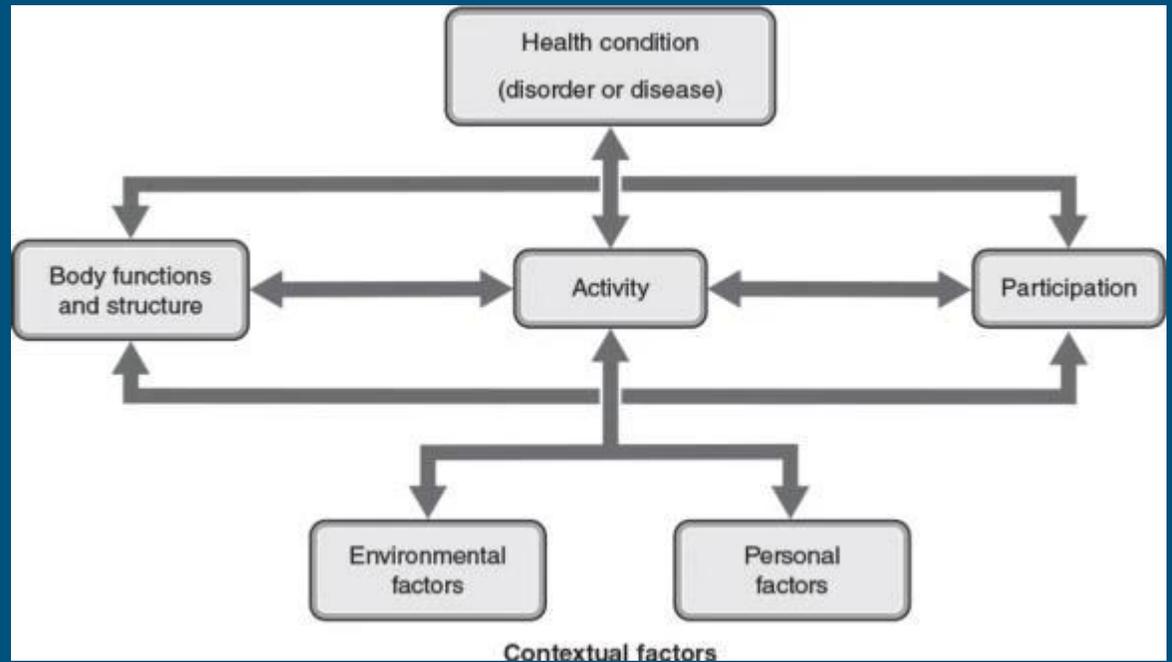
APTA Vision Statement:

“Transforming society by optimizing movement to improve the human experience”

# What does Physical Therapy address?

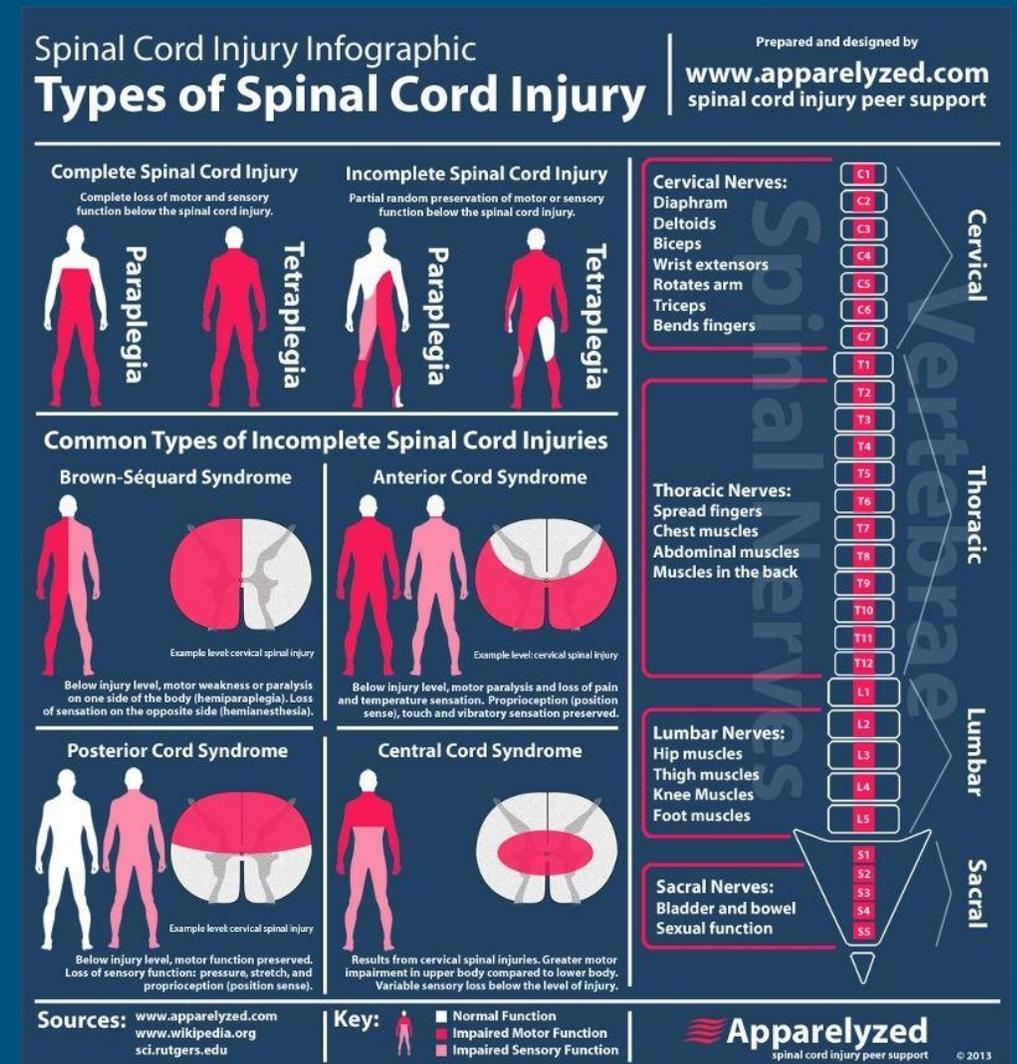
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- Physical Function
- Activity Limitations
- Social Participation
- Quality of Life



# What patient populations are seen in SCI?

- Active duty/Retired
- Complete/Incomplete
- Ages across the Lifespan
- Acute/Chronic
- Amyotrophic Lateral Sclerosis (ALS)
- Multiple Sclerosis (MS)
- Clients with Amputations
- Clients with Cognitive impairments



# Types of Treatment in SCI

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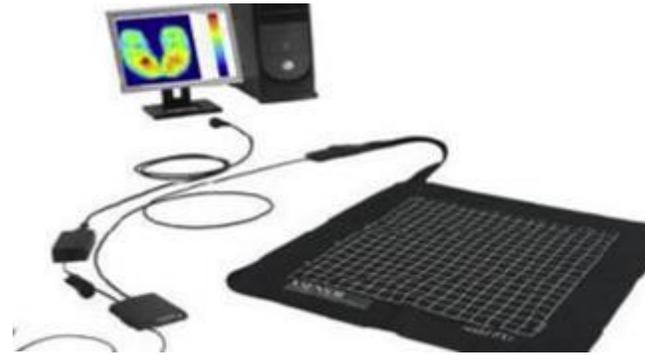
- Transfer Training
- Balance and Strength Training
- Pressure Mapping
- Mobility and Seating Assessments
- FES MOTMed
- Tilt table/ Standing frames
- Gait training
- Exoskeleton

# Equipment Examples

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# Seating and Mobility

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# Additional Mobility Equipment

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- Rolling Walkers
- Lofstrand Crutches
- Rollators
- Single Point Canes
- Body Weight Support Treadmill
- Body Weight Support Harness

# Rehabilitation Equipment

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# Robotic Assistive Devices

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- Robotic Assistive Device
- 100% assistance vs. Variable assistance
- Therapeutic for transition vs. Home use (complete para)
- Ground reaction forces



# Transitioning Home

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- Advanced transfers
- Lift systems
- Ramps
- Bowel Care Chairs
- Hospital Beds
- Wheelchair Obstacle Course
- Environment Accessibility
- Home Health/ Outpatient Services



# Patient Centered Care Interdisciplinary Approach

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- Occupational Therapy/ Physical Therapy
- Speech Language Pathology
- Social Work
- Nursing
- Drivers Training
- Wheelchair Technicians
- Primary Care
- Prosthetics/Orthotics
- Outside Vendors

# Summary

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- Physical Therapy aims to help patients achieve their maximum independent mobility potential to allow them access to their environment and participation in desired daily activities and tasks
- Specialized equipment and mobility devices offer a means of progression and patient independence throughout the treatment process

# Questions?

