Physical Therapy in SCI

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What is Physical Therapy?

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?

- 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

- Transfer Training
- Balance and Strength Training
- Pressure Mapping
- Mobility and Seating Assessments
- FES MOT0med
- Tilt table/ Standing frames
- Gait training
- Exoskeleton
Equipment Examples
Seating and Mobility
Additional Mobility Equipment

- Rolling Walkers
- Lofstrand Crutches
- Rollators
- Single Point Canes
- Body Weight Support Treadmill
- Body Weight Support Harness
Rehabilitation Equipment
Robotic Assistive Devices

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

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

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

- 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?