

## Neurological Physiotherapy

### Medical Vocabulary:

#### What advice does the doctor give?

1. I'm going to Nepal on business.
  2. I can't get into my clothes.
  3. I can't sleep at night.
  4. My eyes are often sore and I sneeze a lot.
  5. I often have stomach-ache.
  6. I feel much better, doctor.
  7. I've got a terrible cough.
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- a. Good, you needn't come back for a month.
  - b. You really must stop smoking.
  - c. You should do more exercise - it's very relaxing.
  - d. You'll have to have a few injections.
  - e. You shouldn't eat so much fried food.
  - f. You really must lose some weight.
  - g. You should have some allergy tests.

### The Types Of Neurological Conditions And Physiotherapy Used

*Ronald Reagan's well documented final battles with Alzheimer's disease were fought with the same conviction and courage that his many public battles were fought.*

*William L. Jenkins*

Find in the text the words which mean:

- serious (about a disease or illness)
- dangerous to a person's life
- take away, steal
- help, comfort
- a feeling that you are about to fall

Put the letters in the words below in the right order to get the names of neurological diseases:

rheialzmes

onsarpikns

oul herigsg

Neurological conditions may be very severe. They can be life-threatening at times, and they can certainly change the quality of the patient's life. There are many neurological conditions and physiotherapy can help many of them.

Alzheimer's disease is a very serious problem for older people. It is surprising to note that it can occur in people 40 years old or younger. The disease is characterized by loss of neurons and synapses in the cerebral cortex and certain subcortical regions.

ALS or Lou Gehrig's disease is an illness that robs the brain and spinal cord of the ability to move. Both of these are neurological diseases that can be helped by physiotherapy.

Parkinson's disease is another of the neurological conditions of the brain. This one can cause shaking and loss of coordination, and problems moving and walking. Physiotherapy offers some relief to these patients.

Guillain Barre Syndrome is one of the types of neurological conditions that affect the brain and spinal cord too. It is a case of the person's own immune system attacking outside these areas. It can be severe enough to require emergency hospitalization. Physiotherapy offers help with regaining strength and adapting to life with the disease.

Many of these patients who have neurological conditions suffer from difficulty swallowing or breathing; dizziness, poor balance and falls. Physiotherapy can offer solutions that other branches of medicine cannot.

Exercises, as in most physiotherapy, include strengthening and stretching exercises. In whatever way is possible, patients with neurological conditions need to get aerobic exercise. Physiotherapists may be able to make a plan so that this is possible.

Part of this plan for patients with neurological conditions would include balance training and coordination training. With these two skills in place, the patient will have a better ability to do aerobic and other exercises. Aquatic exercise is also used.

<http://thephysiosite.com/the-types-of-neurological-conditions-and-physiotherapy-used.php>

Questions:

Which neurological condition:

- causes shaking and loss of coordination -
- robs the brain and spinal chord of the ability to move-
- can be so serious that emergency hospitalization is required –
- causes the loss of neurons and synapses in the cerebral cortex –

What difficulties do such patients suffer from?

What kinds of physiotherapy are advised for people with neurological conditions?

What kind of exercise is necessary for them?

Which two skills should be trained in such patients?

### **Physiotherapy and Stroke**

**Read the information about physiotherapy treatment in case of stroke and comment on it.**

What should a physiotherapist remember when treating people who had a stroke?

Physical problems associated with a stroke are:

- Paralysis
- Pain, e.g. in the shoulder
- Sensory loss
- Balance difficulties
- Functional loss
- Excessive muscle stiffness

Disability resulting from stroke is different in each individual. Research shows that following a stroke most individuals can get back the ability to walk.

However many are slow and may never walk outside. This means a comprehensive assessment is essential for planning an effective rehabilitation program. This includes detailed examination of:

- Body movements
- Muscle Tone
- Sensation
- Balance
- Function
- Activities of daily living

From this a specific management program is devised which may include:

- An intensive "hands on" rehabilitation program
- Specific home exercises regime
- Education and support of the patient, family and carers
- Postural management and seating assessment
- Communication with other members of the hospital and community teams