

Referral for Physical Therapy

Case 1. Hemiplegia

- P.T. 1) Hot packs, Lt. shoulder / Caution: sensory deficit
2) ROM exercises
3) Tilt table
4) Mild general conditioning exercises
5) Sitting & balancing
6) Transfer activities & training
7) Neuromuscular re-education

Case 2. Low back pain

- P.T. 1) Hot packs, lumbar area
2) ROM exercises
3) Stretching exercises particularly hamstrings and heel cords
4) Strengthening exercises
5) General conditioning exercises
6) ADL training
7) Relaxation exercises
8) Home program

Case 3. Spinal cord injury

- P.T. 1) ROM exercises except for neck
2) Neuromuscular re-education particularly C5 & C6 innervated muscles
3) Mild general conditioning exercises
4) Wheel chair sitting cervical collar should be applied

Case 4. Cerebral Palsy (spastic type)

- P.T. 1) ROM exercises
2) Stretching exercises hip muscular, achilles tendons
3) Developmental treatment, neuromuscular educational approach can be tried.

Case 5. A/K Amputation

- P.T. 1) Pre-prosthetic program including stump wrapping, ROM exercises, stretching exercises.
2) General conditioning exercises
3) Conditioning of the upper extremities for crutch walking.