

## Empowering recovery through rehabilitation

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**Evidence-based rehabilitation treatment, when administered in a patient with the aid of specialised rehabilitation tools, help in the early, effective and empowered recovery.**



To be able to recover from a critical illness is considered a blessing. But not many see the hardships a patient undergoes before resuming to his active lifestyle post recovering from a trauma. Protocol-based treatment methodologies guide a rehabilitation professional to enhance the recovery process in a patient. But no revival process is complete without the aid of rehabilitation tools and equipments which empower a patient to help in achieving desired recovery.

Rehabilitation is a specialized program aimed at physical, functional and emotional recovery after major illness/surgery. The three key features of rehab are: Care Plan, Team and Equipment/tool.

**Care plan** is a personalized recovery plan consisting of baseline evaluation, intervention plans and evaluation tools. The care plan is implemented by the Rehab Team comprising of multidisciplinary specialities like physiotherapy, occupation therapy, speech therapy, nursing care and medical supervision.

**Rehab equipment's** are specially designed to implement therapy from respective departments of physiotherapy, occupational therapy and speech therapy.

**These handy tools are commonly used to improve** strength, balance, coordination, visual/auditory perception, cognition, memory, speech and swallowing in patients, there by helping in improving the ability to do activities of daily life.

**Common diseases** where rehab tools are important for recovery are Stroke, Cervical/spinal cord injury, traumatic brain injury, hip-knee replacements, and respiratory diseases like COPD (Chronic Obstructive Pulmonary Disease).

### **Advantages of rehab tools:**

1. Rehab tools improve efficiency of recovery as they work precisely on required mechanism of therapy.
2. Rehab tools engage the patients to improve adherence of frequency and duration of therapy.

3. Most rehab tools are handy for personal use, so they add hygiene factor as they are used by self.

### **Special kits of rehab tools:**

When an individual requires more than one rehabilitation tool, it is good to opt for rehabilitation kits. Rehabilitation kits are designed and handpicked by rehabilitation professionals as per the individual needs of a patient and contributes to his overall recovery process. Having all the tools in a single kit can help the patient become independent to do his/her everyday activities without seeking an external help. Rehab kits are also a cost-effective option.

### **Examples of rehab kits/tools:**

Rehabilitation kits are designed for specific medical conditions. Some rehab kits available in the market are stroke kit, Parkinson's kit, Cerebral palsy kit, Alzheimer's kits, Geriatric kits etc. Each kit has a collection of tools which will enhance the mobility, cognitive, speech among other skills in a patient. Few examples of these rehabilitation tools would be universal grippers, finger exerciser, PEG boards, activity cards, modified spoon, gel ball, shoulder pulley, finger ladder etc.

Evidence-based rehabilitation treatment, when administered in a patient with the aid of specialised rehabilitation tools, help in the early, effective and empowered recovery. However, a care plan is only as effective as the skilled team which provides the treatment. Personalized treatment plans need to be devised by an experienced group of rehab professionals and a multidisciplinary team of doctors to enable holistic recovery in individuals. The treatment modality should aim to restore the compromised functions of the patient resulting from incidents like a stroke, injury, or surgery.

A comprehensive rehabilitation plan works with a mission to enhance the overall quality of lives of those who require care and a stepping stone towards leading a normal life again by minimising the aftermath of their afflictions.

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