

# REHABILITATION



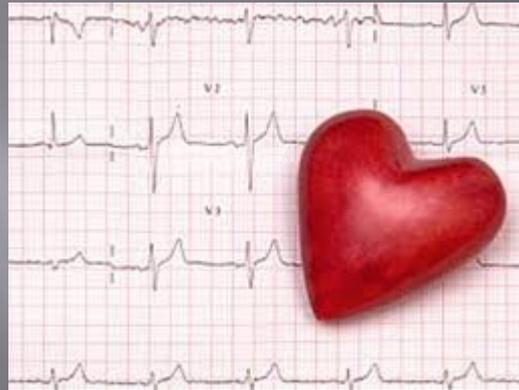
Get a free access to the information on rehabilitation. Different types of the rehabilitation are also discussed here.

- ❑ **Rehabilitation**, commonly known as rehab is a scientifically developed procedure for ensuring the recovery from any kind of disability, injury or the habit. Rehabilitation is a slow but a steady process.
- ❑ Many of the rehabilitations have ongoing processes involved in them i.e. some processes in it are continuous. Those are set of special instructions to be followed by the patient in order to ensure that the malfunction does not hit back again. Commonly there are 4 phases involved in the rehab procedure namely Phase 1, Phase 2, Phase 3 and Phase 4.
- ❑ There are different types of rehabilitation available for different types of disabilities. Some of them are listed below.

# Neurological rehabilitation

- ❑ In this type of rehabilitation, patients suffering from stroke, neuromuscular disease, certain types of head trauma and spinal cord injury are treated.
- ❑ It aims at making the patient self-dependent
- ❑ It helps create a positive thinking in patient
- ❑ The patient is treated so that he leads a improved life physically, emotionally, and socially.

# Cardiac Rehabilitation



- **Cardiac rehab** program is designed to help those people who have heart problem. Heart patients are educated to live a healthy life and reduce stress for the proper functioning of the heart.

# Main contents of the program

- ❑ Educating people about the various risk factors that contribute to developing a heart disease. These risk factors include, high blood pressure, obesity, smoking, drinking, drug abuse, lack of physical activity, etc.
- ❑ Recovery programs from heart disease/surgery.
- ❑ Educating people about improving their quality of life.

# Drug Rehabilitation



- ❑ Drug rehabilitation programs involve programs that are designed to make an addict free from the addiction of alcohol, prescription drug and street drugs (cocaine, heroin etc)

# Program content

- ❑ Counseling programs designed to know the underline cause behind a person becoming an addict.
- ❑ Educating the person about the various side effects of drug abuse and how it impacts one's social, professional, physical and personnel life.
- ❑ Designing programs that will prevent the relapse of the drug addiction.

# Alcohol Rehabilitation



- ❑ Alcohol rehabilitation program is designed to make an alcoholic free from the addiction. It involves programs that will teach people the various bad effects of consuming excess alcohol
- ❑ Effective detox programs that will cleanse the body from the various toxins of alcohol

# Physical Rehabilitation



- Physical rehabilitation is for those people whose lifestyle has changed after they have gone through a serious illness, surgery, accident or illness. Here the therapist introduces programs to improve the mobility and functioning of the injured body part of the patient.

# Physical Rehabilitation Program

- ❑ Proper exercising program is designed to improve the functioning of the physical body.
- ❑ Includes therapies that will help a patient re-learn the basic physical and cognitive functioning.

# Medical rehabilitation



Medical rehabilitation includes treatment programs that help a person perform better in all his daily physical and mental activities. Medical rehabilitation is a follow up treatment after any kind of treatment program.

# Medical Rehab Program

- Programs focus on improving major and minor skills that are required in the basic life.
- Assessing patient in every step to improve the activities of basic living

# Vocational rehabilitation

Vocational rehab program is designed to help those people who find it difficult to get employment or retain it after they have gone through certain situation that caused mental or physical disability in them.

# Vocational Rehab Program

- Providing physiological and medical assessment
- Job placement, job training and on job training



# Vestibular rehabilitation



It helps in improving the ear deficit by working on the central nervous system. Also deals in improving eye and head coordination.

# Stroke rehabilitation



This treatment type helps to restore damage that is caused after a stroke, which is the 3<sup>rd</sup> leading cause for death worldwide.

# Aim of Stroke rehab

- **Stroke rehabilitation** aims at helping people gain maximum normal functioning after the occurrence of a stroke.
- Help the person to get back to normal lifestyle and be independent in daily activities.