

Clodagh McStravick; Physiotherapist

Managing Your Care: Information Evening, Wednesday 10th September 2014

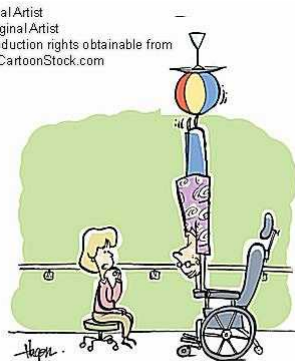
Brainwaves NI in partnership with NICaN Brain & CNS Group



Clodagh McStravick
Physiotherapist

Physiotherapy for Brain and CNS Tumours

© Original Artist
Rt © Original Artist
Reproduction rights obtainable from
www.CartoonStock.com



I THINK MY WORK HERE IS DONE.

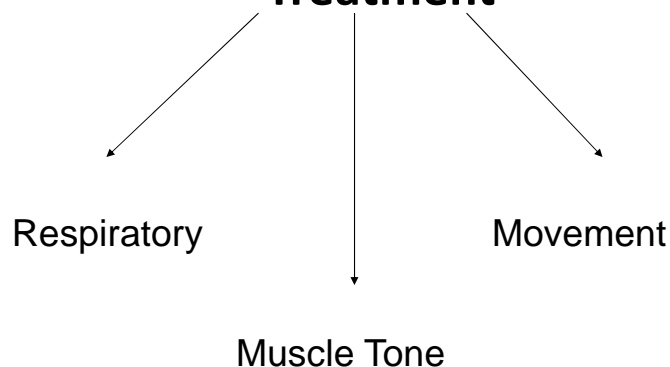
Clodagh McStravick
10th September 2014

What is Physiotherapy?

- A healthcare Profession which emphasises the use of physical approaches in the promotion, maintenance and restoration of an individual's physical, psychological and social well-being, encompassing variations in health status.

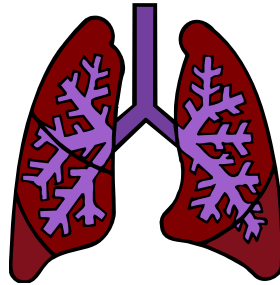
CSP (2002)

Neurophysiotherapy Assessment and Treatment



“Primary aim is to identify the problem!”

Respiratory



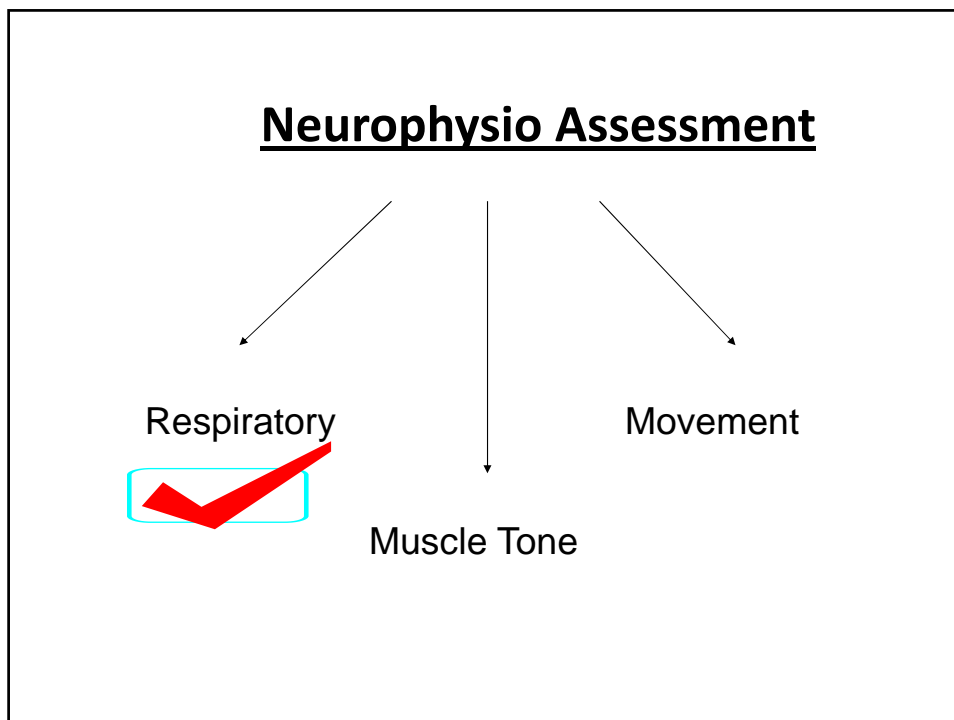
Respiratory Problem List

Problems

- Decreased lung volume
- Breathlessness
- Retained secretions
- Ineffective cough
- Pain
- Wheeze
- Reduced exercise tolerance

Treatment Plan

- Deep breathing exercises
- Spirometry
- Relaxation, Breathing control
- Breathing exercises / cough
- Forced expiratory techniques, supported/assisted Cough
- Suction if required
- Medication
- Nebulisers, O2 Therapy if required
- Mobilise



Treatment for Muscle Tone

- Specific soft tissue mobilisation/stretches to reduce muscle stiffness and maintain joint range
- Influence changes in muscle tone through ***moving and handling patients***
- Use of ***positioning*** to influence tone and align body parts
- Use of casts/ splints for UL/ LL
- Standing with support to allow weight bearing and movement/re-educate balance

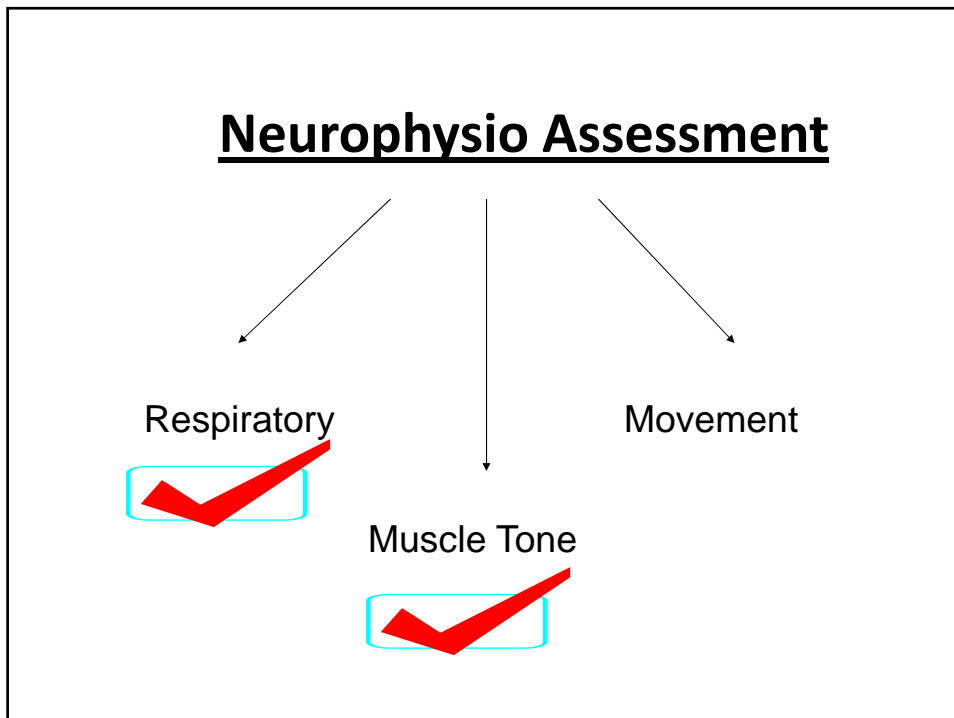
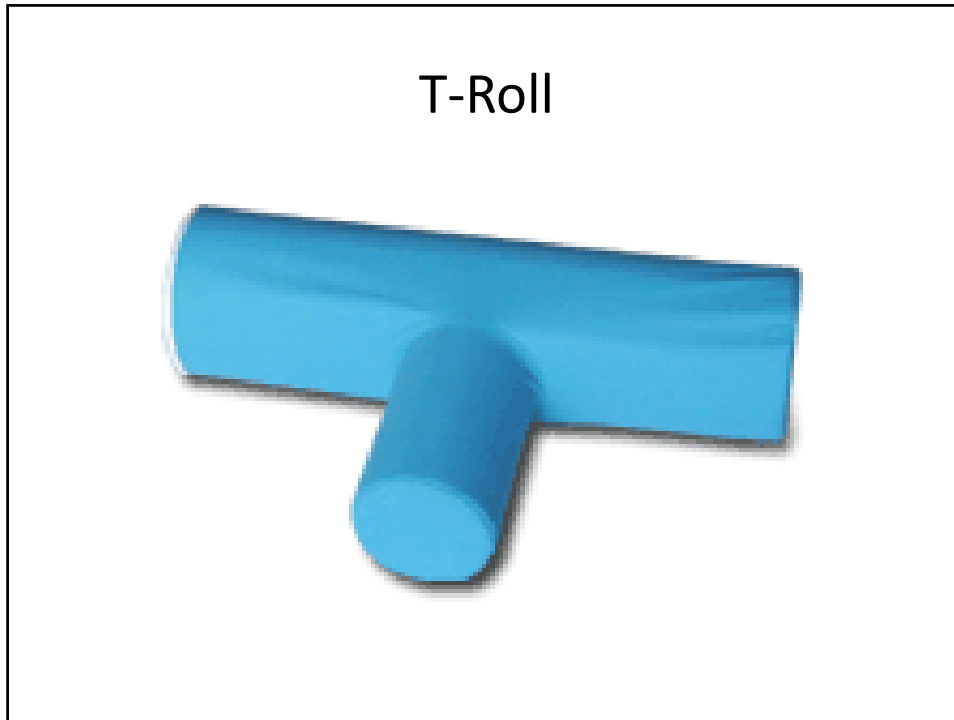
Why Position?

Requires individual assessment

- To maintain range of movement in joints/ muscle length
- To maintain postural alignment
- To protect joints
- For patient support / comfort
- For skin care

Wedge





What is normal movement?

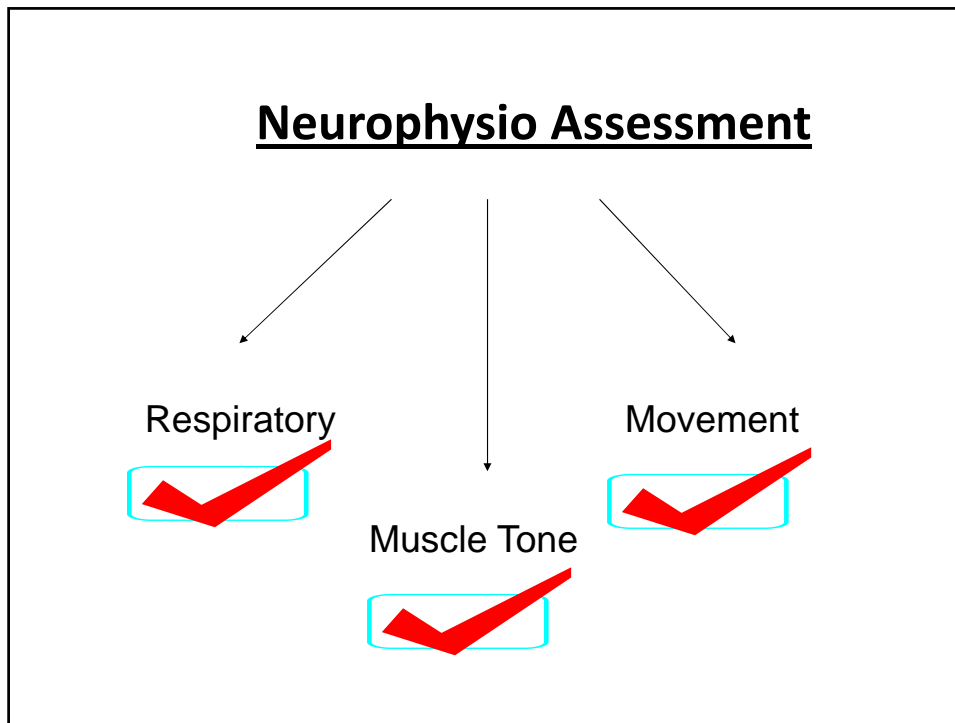


You and me!!

Aims of treatment

Might include;

- To teach specific exercises and promote self management
- To re-educate normal sit to stand sequence and gait pattern
- To improve balance and provide with walking aid if necessary
- Educate/advice to family/carers re; safe handling, exercises
- Ensure safety for discharge & liaise with MDT
- Arrange onward Physiotherapy referral as required



Rehabilitation!!!



The End!!