

Medical Rehabilitation - The Modern Answer

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Medical Rehabilitation is a continuous medical treatment for the patient having physical or mental impairment inflicted by a disease injury or congenital abnormalities. Where medicine and surgery has got little access over the disabling incapability, rehabilitation medicine with its multidisciplinary team approach tries to rectify or modify the element or even complete cure of the disease.

The patients whom we send merely to a physiotherapist, the modern science suggests us to change the practice. Do you prescribe co-trimoxazole in a serious enteric fever when the fourth generations are available?

A Medical Rehabilitation team consists of a Physical Medicine & Rehabilitation specialist, Physiotherapist, Occupational therapist, Speech therapist, Psychocognitive and Behavioural therapist, Life style modification and Social work personal, Nutritionist, etc. In cases of stroke, brain injury and other CNS ailments need application and co-ordination of all these team members who must have their discussion under the guidance of Physical Medicine and Rehabilitation specialist. The modern and computerized machineries and kits are also very important for a proper graded rehabilitation program.

Various Arthropathies (Rheumatoid, Osteoarthritis, Spondylosis) and other musculoskeletal pain syndrome (PID, NeYropathic pain, bursitis, tendinitis, soft tissue injury) are better treated and guided by a Physical Medicine specialist and a team rehabilitation set up than other specialties of medical science. Most of the neuro-orthopaedic problems need integrated rehabilitation treatment either as indoor or daycare basis. A spinal injury patient need proper bladder and bowel rehabilitation (training CIC, timed evacuation, etc.) bed sore prevention measures, antispastic measures and various functional training programs with necessary medications. The CV A, meningitis, encephalitis, brain tumor or brain injury patients with or without different medical complications like DM, HTN, poor

respiratory drive repeated UTI, etc. need intense stepwise rehabilitation with active medical management during the early phases of the disease and such a treatment is only possible in an indoor rehabilitation set up.