

Physiotherapy Home Care

In the situation where a person has been treated and shifted to home for rehabilitation, care can be provided at home. It is suggested that a healthcare professional assesses whether the residential area is suitable for providing the necessary care.

This might be particularly relevant when the person has co-morbidities, reduced functioning, disabilities and/or is elderly.

Make sure the patient shall:

- Adhere to the recommended precautions as part of home care isolation
- To correctly handle safety concerns that arise while isolating at home
- Physical therapy shall be important in Rehabilitation Phase.

The treatment shall include,

This involves patient **Assessment, Goal setting** as well as the **Prescription of Mobility and Rehabilitation** treatments.

Passive, active assisted, active, or resisted joint range of motion exercises to maintain or improve joint integrity and range of motion and muscle strength Mobilisation and rehabilitation (e.g. Bed mobility, sitting out of bed, sitting balance, sit to stand, walking, tilt table, standing hoists, upper limb or lower limb ergometry, exercise programs).

Patient exercise tolerance shall be increased and progressive exercises shall be indicated based on patient condition.

Interventions may include techniques such as positioning, autogenic drainage, deep breathing exercises, breath stacking, active cycle of breathing mobilisation.

Patient shall be taught correct breathing technique.